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photo by James Coburn

Paula Whitlow serves as clinical manager of the OU Medical Center Edmond's emergency department, which encompasses ER Oklahoma, set to open in April at NW 150th St. and Western Ave.

by James Coburn
Staff Writer

When Paula Whitlow, RN, was in the 8th grade, a ruptured appendix exposed her to nursing.

"Everything from the emergency room visit to the surgery to the stay in the hospital afterwards was very exciting to me," Whitlow said.

Her nurse had the 3-11 p.m. shift that worked well

because Whitlow's mother had other children at home and could not stay at the hospital all the time.

"This nurse would go get her charts and bring them to my room and stay with me so that I would not be alone," Whitlow said.

She would tell young Whitlow stories about being a nurse and what a nursing career had meant to her life.

Even though there was a lot of medicine involved in her care, Whitlow learned that being a nurse was nurturing.

"You're taking care of people, holding their hand or standing in their room when there's nobody else to be there," she said.

Today, Whitlow is set to lead the new freestanding Edmond Emergency Department for OU Medical Center Edmond.

The upcoming ER Oklahoma in west Edmond will be located at 150th Street and Western.

When it opens at the end of April, ER Oklahoma will expand the hospital's services to meet the needs of a growing community,

Nurses urge support of cancer treatment legislation

By Jane Nelson, Executive Director, Oklahoma Nurses Association



Jane Nelson

As nurses, we care for patients from cradle to grave – patients from all walks of life and in every type of care setting. We see patients all across Oklahoma struggle with insurance companies, and we see first-hand the hardships it creates for patients. Patients should be able to spend what little energy they have fighting their disease, especially those fighting time-sensitive diseases like cancer.

Proton therapy is a type of radiation treatment that precisely treats cancerous tissues, leaving the surrounding healthy tissues unharmed and significantly lowering the risk for short- and long-term side effects. Oklahomans are lucky to have this treatment that brings several hundred patients from across the country and around the world available to us in our home state.

Unfortunately, many Oklahoma cancer patients are facing multiple rounds of insurance coverage denials because insurance companies that previously covered proton therapy are now requiring higher levels of testing – more than what is required for coverage for any other radiation option available.

Nurses take the Nightingale Oath. Much like the Hippocratic Oath, we promise to uphold the highest standards of the nursing profession and always do what is right for the patient. We have seen the struggles patients go through with cancer treatment from unrelenting pain to secondary tumors. Proton therapy is more targeted, and may better preserve the patient's quality of life and do less harm while still treating their cancer effectively and efficiently.

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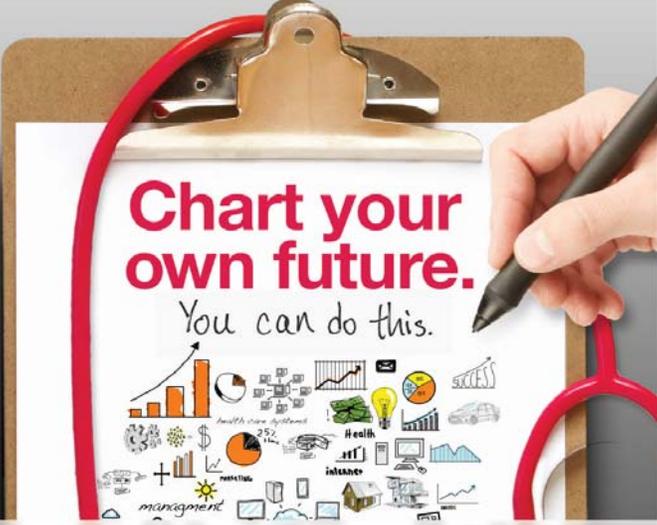


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WHITLOW

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said Whitlow, RN, clinical manager. "We're going to reach the population that doesn't have to drive the distance to get to the emergency department," she said. "And it's for those cases that are a little more urgent than what an urgent care would see."

ER Oklahoma will be open 24/7. Patients that need to admit to OU Medical Center Edmond will be transported to the hospital at 1 South Bryant Avenue.

The ER will be a little more than 10,000 square feet in size. It will offer all the components of an ER including radiology, CT scan, ultrasound, pharmacy, lab and dedicated ER physicians, Whitlow explained.

Some registered nurses have already been hired. There will be three RNs working during day and night time shifts, she said.

The ER is ranked No. 10 out of 160 HRC facilities nationwide, Whitlow said for patient satisfaction.

"That's pretty high. We're pretty proud of that," Whitlow said. "We expect to have the same care and

diligence of taking care of your loved ones over there as we do here."

Performance standards for best practices are high at OU Medical Center Edmond for the presentation of skills.

"I consider this the Sherlock Holmes of Nursing -- the Emergency Room," she said. "We have to be skilled in all aspects. We don't specialize in one field. We have to be able to recognize disease processes in every field whether you have a stomach ache, chest pain, a cough or a cold. We have to be able to take care of all of those things."

An ER nurse is a Jack of all trades when it comes to nursing, she said. It takes a special person to be an ER nurse, she said. They must recognize disease processes quickly within a short amount of time.

Whitlow is a seasoned nurse with 23 years of experience since she earned her Bachelor of Science in Nursing Degree. She joined OU Medical Center on the campus of the OU Health Sciences Center in Oklahoma City in 2013 where she became the manager of the ICU.

"I decided I wanted to get a little closer to home to my roots in the Emergency Department," Whitlow

said. "I've done both, ICU and ER."

OU Medical Center likes to hire people who like people, she continued. An important aspect of the job of an ER nurse is to make sure they communicate well among themselves, she said. Physicians and the patients families depend on the ER nurse to let them know what the patient is experiencing at all times.

"You can really show your skills in the emergency department, by being able to go to a sore throat to somebody having a heart attack," Whitlow said of what intrigues her about serving patients in the ER. "In just the blink of the eye, you get to take care of both of those things at the same time is pretty exciting. It's rewarding."

She likes the mystery a disease process poses as she helps to determine the cause and effect of what is symptomatic for patients. Most nurses appreciate the educational component of working in an emergency room, she said. But not everybody can adapt to the quick pace of ER nursing, she said.

"As far as continuing education, our nurses receive multiple education hours throughout the year," Whitlow said. "We also have certifications that

are just for nursing."

The ER certifications are for trauma, disaster response among others that the nurses can achieve at OU Medical Center Edmond. Nurses are required to maintain their skills and competency."

Her job is a busy one, but Whitlow has many other parts of her life. She likes to draw with charcoal and play on her computer.

"I'm kind of a type-A personality, so the down-time I'm doing is usually on researching how to do things better," she said.

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CAREERS IN NURSING

A NEW NURSE: LPN LOOKS TO THE FUTURE, ENJOYS LONG-TERM CARE

by James Coburn - Writer/Photographer

Tiffani Larson has always had a servant's heart.

"My mom actually had cancer and I helped take care of her for a little while and was around nursing with that, said Larson, LPN, Golden Age Nursing Center, located in Guthrie.

"That kind of inspired me to be a nurse," she said. "It's also an awesome opportunity to help every day."

Larson is a recent nursing school graduate of Francis Tuttle Technology Center in Oklahoma City. She said the program was fast paced and she feels like she received a good education.

Francis Tuttle prepared her for her testing to earn her LPN license and gave her tips about working professionally as a nurse, she said. Nursing is not a mundane, predictable experience, she said.

There is always something new to challenge yourself as a nurse in a long-term nursing center, Larson

continued. She also provides care in skilled nursing.

"You're able to build relationships with the residents here," Larson said.

"You get to know your residents, which can allow for better care to be provided because you're used to how they are normally, and if something is wrong, you can normally pick up on that."

Larson had several days of mentoring at Golden Age when she arrived there in the beginning of February. She became familiar with the center during leadership training there as a student at Francis Tuttle.

"I kind of got to learn their system and how they operate here during that two weeks," she explained. "And I got more training once I was hired on the floor that I'm on now."

She has found that the nursing staff takes great care of their residents, she said. Larson likes the way Golden Age is managed. It is a

clean facility, she said.

"Everyone here seems to have a big heart, and they genuinely care about the residents," Larson said.

Not only tending to the residents' needs gives her gratification. Meal time is fun for every breakfast, lunch and dinner, she said. A menu is provided to the residents to choose what they want to eat without the boredom of a set menu delivered to them automatically, she said.

Larson gets to know the residents' family members. "That's always nice," she said. Larson also likes to listen to the stories that the residents share about their life history of work and family relationships.

"They are always interested in your life, too," she added.

So she tells them about her life. Right now, she is planning a wedding for July 4.

"It's a fun holiday. We got engaged on Valentine's Day. So if

we get married on July 4, we have a lot of family coming in from out of town," she said. "Both of us have friends. So we figured it would be a good weekend. A lot of people get off work, so they would be able to travel a little bit easier.

The couple are thinking about going to Las Vegas for their honeymoon, she said.

Her future holds many career opportunities, she said. She is interested in becoming a neonatal nurse, but will need to go back to school to reach that goal.

"That's long-term plans down the line. Right now I really enjoy long-term care," Larson said.

She is considering earning her Bachelor of Science in Nursing degree at the University of Central Oklahoma beginning in August. Many of her basic hours of instruction have already been completed there.

She is also investigating Northern

Continued on next page



Jhett is currently awaiting his second heart transplant. At a young age Jhett was diagnosed with a rare heart condition that eventually led to his first heart transplant. Now Jhett's heart is weakening and he has been put back on the transplant list for a second lifesaving procedure.

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Tiffani Larson says there are many career opportunities for nursing school graduates. She recently accepted her first job at Golden Age Nursing Center.

Oklahoma College, with campuses in Enid, Stillwater and in Tonkawa, she continued. A nursing career is one to be valued, she said.

"If you get into med/surg nursing and later on discover you don't like it, you can totally do a 180 and switch to maybe a doctor's office," she said.

"There are endless possibilities of what you can do if you get into a field you don't enjoy so much. There are options you can turn to so you're not just stuck in one spot."

Outside of nursing there are people who get a degree and don't enjoy their careers. They don't always have the option to do something different if their degree is specific, she explained.

She is still waiting for the time when her family or friends call her on the phone to ask what they should do if they don't feel well.

"My future sister-in-law, she's a nurse. And a lot of my family are doctors or nurses," she said. "There's a lot of people they could call."

SUPPORT

Continued from Page 1

coverage for the treatments they and their doctor decide are the best treatment plan for their specific case. Patients with cancer do not have the luxury of time to fight with insurance companies to get their recommended treatments covered. It is their life and their cancer – they should control the level of care they receive, not a third-party who has never met them or conducted an in-person examination.

House Bill 1515 unanimously passed through the Oklahoma House of Representatives earlier this month and is now in the hands of our Senate. The goal of this bill is to help Oklahoma cancer patients receive the radiation treatments necessary for

their recovery and long-term health as recommended by their doctor. This bill would mean Oklahoma doctors, not insurance companies, would make treatment decisions with their patients.

The Oklahoma Nurses Association respectfully asks our state lawmakers to listen us – their constituents and registered nurses from all across the state – who are taking a stand for a higher standard of care for our patients.

We urge our fellow Oklahomans to join us in supporting the bill to help Oklahoma cancer patients receive insurance coverage for the treatments needed for their recovery and long-term health. It is time to contact your state senator, and ask them to give House Bill 1515 a fair hearing and vote in favor of the bill.

ANESTHESIOLOGIST JOINS OU PHYSICIANS

German Barbosa-Hernandez, M.D., a board-certified anesthesiologist, has established his medical practice with OU Physicians. He has also been named an assistant professor of anesthesiology for the University of Oklahoma College of Medicine. Anesthesiologists specialize in the use of drugs and other means to avert or reduce pain in patients, especially during surgery.

Barbosa-Hernandez has specific experience in regional anesthesia (anesthesia affecting a large part of the body) and anesthesia administration during liver transplantation and cardiothoracic surgery.

He completed a fellowship in anesthesia for liver transplantation at Cleveland Clinic, Cleveland, Ohio, and an anesthesia residency at MetroHealth Medical Center, Cleveland. He earned his medical degree in Bogota, Colombia.

With more than 600 doctors, OU Physicians is the state's largest physician group. The practice encompasses almost every adult and child specialty. Many OU Physicians have expertise in the management of complex conditions that is unavailable anywhere else in the state, region or sometimes even the nation. Some have pioneered surgical procedures or innovations in patient care that are world firsts.

OU Physicians see patients in their offices at the OU Health Sciences Center in Oklahoma City and at clinics in Edmond, Midwest City and other cities around Oklahoma. When hospitalization is necessary, they often admit patients to OU Medical Center. Many also care for their patients in other hospitals around the metro area. OU Physicians serve as faculty at the University of Oklahoma College of Medicine and train the region's future physicians.

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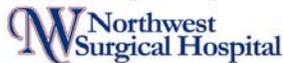
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140 GENERAL NURSING

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 Doubles. 7-3, 3-11
Also a Nurse Aide. North County Assisted Living in Collinsville seek ACMA for the following positions: 3-11 M-F 11-7 Tues-Sat (may be flex) Weekend Dbles. 7-3, 3-11 Also a Nurse Aide Exp. req. Self motivated. Call Shannon at 918-371-1919. 523 N 22nd St, Collinsville, OK 74021

161 LICENSED PRACTICAL NURSING

We are looking for Licensed Practical Nurse charge SIGN ON BONUS. New starting wages, insurance, PTO and sick pay. If you are the person we are looking for, fill out an application at 1700 East 141st Street, Glenpool, OK Mon-Fri 8-5pm is the best time. 918-291-4230

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CLEVELAND MANOR is currently hiring LPNs, CMA and apply at: 900 N. Division St., Cleveland, OK 7402 or call 918-358-3135 for details



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204 REGISTERED NURSE

We are seeking Registered Nurse for weekends. Heritage Villa Nursing Center is seeking RN for weekends. Flexible hours. Come join our caring team. Please apply in person 1244 Woodland Loop, Bartlesville, OK 74006

204 REGISTERED NURSE

We Are Seeking A Psychiatric Registered Nurse For Busy Facility. Nursing experience in psychiatric facilities preferred. Please submit resume and salary requirements to 3334 W. Main, PMB 414; Norman, OK 73072.

Scavenge This: OMRF Teen Leaders To Host "Hunt for Hope"

The Oklahoma Medical Research Foundation's 2014-15 Teen Leaders in Philanthropy will host the second annual "Hunt for Hope" event on Saturday, April 4.

Children ages 7 and up will be able to participate in a scavenger hunt to help fund OMRF researchers who are doing a little hunting of their own — for life-saving medical discoveries.

The event will run from 11 a.m. to 2 p.m. at the Lion's Club Children's Playground by Lake Hefner. The playground is located at 9050 Lake Hefner off Lake Hefner Parkway and the Britton Road exit, south of the Lakeside restaurants. Saucee Sicilian and Kona Ice will also have food trucks onsite for the event.

General admission for the family-friendly event is \$5 per person. Scavenger hunters will pay \$8 to participate. Both admission fees cover a wide variety of games and activities, including a raffle, donut walk, face painting, egg hunt, penny drop and duck pond prize pull.

Each person who completes the scavenger hunt will receive a raffle ticket for prizes to be awarded during the afternoon.

All proceeds will benefit autoimmune disease research at OMRF, chosen by the OMRF Teen Leaders in Philanthropy as this year's beneficiary. Autoimmune diseases are disorders in which the body's immune system becomes confused or unbalanced and turns against the body instead of protecting it. Lupus, rheumatoid arthritis, multiple sclerosis and Sjögren's syndrome all fall under the autoimmune disease category.

OMRF's Teen Leaders are high school sophomores, juniors and seniors from schools across the state of Oklahoma interested in learning how to give back to their community.

"We have really enjoyed having such a dynamic group of students come to OMRF and learn about the importance of philanthropy," said OMRF Director of Development Kelley

See HUNT page 11

Fish story: How a tiny aquatic creature is helping state researchers unlock the secrets of cancer



Sai Tummala, D.V.M.

If you didn't know better, you might confuse the fish-tank-filled room on the fourth floor of the Oklahoma Medical Research Foundation for an aquarium. Or a pet store.

But the 10,000 or so zebrafish that occupy the hundreds of tanks in OMRF's Oklahoma City campus are not pets. The creatures, which grow no more than a few inches in length and are named for the black stripes that run the length of their bodies, play a key role in OMRF scientists' search for new treatments for cancer.

When David Jones, Ph.D., arrived at OMRF last year to lead its Immunobiology and Cancer Research Program, along with his laboratory equipment, he brought zebrafish. The creatures serve as sorts of living test tubes, allowing scientists to study biological processes in ways that are impossible in humans.

"They reproduce frequently, and they develop into adults in a matter of days," said Jones, who holds the Jeannine Tuttle Rainbolt Endowed Chair in Cancer Research. "And

their bodies are transparent, allowing scientists to observe their developing cells."

Sharing 70 percent of humans' genetic code, the fish have become increasingly popular experimental models for scientists, particularly cancer biologists like Jones. At OMRF, Jones uses the fish to study the more fundamental elements of what's happening inside cancer cells and how molecules work at their most basic level.

Jones' work with the fish has helped him identify four different compounds that appeared promising for the treatment of colon cancer. Those findings ultimately led to clinical trials of experimental drugs to treat human colon cancer patients. "All thanks to a fish," said Jones.

At OMRF, Christopher Sansam, Ph.D., is using the fish to study quality control in cell division, research that could have implications for both cancer and the prevention of birth defects. Going forward, Jones,

See FISH next page

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 stairs or ramp to get to the
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Email
Melissa.Gulotta@integrisk.com
with any questions

FISH

Continued from Page 8

who also serves as deputy director for translational research at the University of Oklahoma's Stephenson Cancer Center, plans to utilize the fish to answer biological questions that reach beyond the field of cancer.

"We think there are as many as 30,000 human genes, and 30 percent of those we know nothing about," said Jones. "With zebrafish, we have a powerful tool for trying to figure out what, exactly, those genes do."

Jones' enthusiasm for this model has been embraced at OMRF. With funding support from Tulsa's H.A. and Mary K. Chapman Charitable Trust, OMRF spent nearly \$1 million to create a state-of-the-art facility to allow Jones and other researchers to breed and study the fish and their genes.

"This is the first functional genomics fish core facility in this region of the country," said Sai Tummala, D.V.M., OMRF's director of

comparative medicine and attending veterinarian. Tummala oversees operation of the facility, which uses a wide variety of filters, dosing tanks, pumps and temperature regulation technology to ensure an optimal environment for the fish to reproduce and develop.

"The technology also allows for peak water usage efficiency, keeping waste to a minimum," said Tummala. OMRF uses only 200 gallons of water per day to operate the entire facility.

The equipment currently in place can service at least another 60,000 fish without adding any additional pumps or filters. Jones, for one, hopes that interest among other OMRF scientists will help the facility reach capacity.

"I'm trying to help other scientists understand just how valuable zebrafish can be," said Jones. "I've seen for myself that there is truly no limit to the impact this little fish can have on research and unraveling the mysteries of human disease."

FACEBOOK FUNNIES - SHARED - JOIN US!

Two fish swim into a concrete wall. One turns to the other and says, "Dam."

96% Failed this test. Can you answer it? How many squares are there? :)

decaf, half-caf, regular, Irish coffee, espresso, double espresso

You see anything?

I wasn't even looking. I thought we were in timeout!!

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
- Allevie Hospice:** 405-605-7787
- 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
- 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
- Hospice of Oklahoma County
& 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
- 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
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Glenn LeBlanc, Norman, Chickasha;
April Burrows, Enid; Vol. Coordinators,
580-213-3333
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405-262-3088; Kingfisher 405-375-5015;
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- 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*

Q. I have been in the same dead end job for over five years now. Sometimes it seems that I just don't have the motivation or energy to make changes. The antidepressant I am taking does not seem to help. What can I do?

A. First of all you need someone to assist you in creating a plan of action. You need support to make changes. Here are some helpful steps in changing your life situation:

1. Sit down and write your dreams and desires for your life. Just write them, don't plan them out yet.
2. Find a counselor/therapist, he/she will become your life architect.
3. Take your list to your first appointment. It is very helpful for the counselor to not only understand your current life situation but also where you want to go.
4. It is hugely important that you take life changes slowly, but consistently continue making them.
5. Forget "instant gratification" for change to be real, slow and steady really does win the race.
6. Think of counseling as taking an art class. You walk in with a life script that someone else wrote for you, probably your parents or childhood caregivers. Many of your beliefs are "their beliefs." They wrote your script. As therapy progresses you pick up a new canvas and begin drawing "your beliefs." You will have some things you keep, some you throw away.
7. You need to know yourself in order to write/draw your new life.
8. In addition to therapy you are encouraged to get involved in a 12 step program. There are many codependency groups where you explore how you have lived your life for others. How others have "defined" who you are.
9. Making life changes means you hold the pen, the brush, the design for your life.
10. View this process as challenging but exciting. You are re-writing your life script.

I encourage you to get up and get started. I am excited to see people get committed to a new life. You will be proud of yourself for making healthy life changes. Don't be surprised that your anti-depressant is not working. It could be working but life changes require more than a little pill. At this time getting assistance to make those changes is paramount.

OSU Partners with Mercy for EHR Services Strengthening Patient Care for Oklahoma

Oklahoma State University Center for Health Sciences (OSU-CHS) has signed an agreement with Mercy Technology Services (MTS) to install, host and support Epic electronic health records (EHR).

OSU-CHS, consistently ranked as one of the nation's top osteopathic teaching institutions, educates and trains physicians, research scientists and other health care professionals, with an emphasis on providing health care for rural and underserved Oklahomans. The College of Medicine partners closely with the OSU Medical Center, the largest osteopathic teaching center in the United States, training 151 resident physicians in primary and sub-specialty care each year. Mercy began managing the OSU Medical Center in May.

"Mercy understands providers' needs and has demonstrated success getting Epic up and performing," said Heidi Holmes, OSU chief information officer. "Their system is proven and will place OSU-CHS among the nation's leaders in using electronic health records to improve rural health care. Implementing a mature software system will save OSU-CHS time and money, and patients will see the benefits quickly."

Mercy Technology Services provides EHR services for roughly 40 hospitals, 700 clinics and outpatient facilities, and thousands of physicians, including both Mercy and commercial customers. MTS makes clients' health records more accessible through easy-to-use interfaces and linking users to clinical data. This allows high-level analysis that is critical in this time of outcome-based reimbursement.

"Our system allows users to identify and collect data that they then can use to improve patient care and determine best practices," said Gil Hoffman, Mercy chief information officer. "This EHR allows

clients to truly understand what is happening in their practices, clinics, hospitals and networks, and take in data from wherever it originates. Our approach helps clients grow over the long term in a pay-for-performance health care environment."

Dr. Kayse Shrum, President and Provost of OSU-CHS summed up the impact of the agreement: "With innovative EHR services like Mercy's, we're able to provide

medical students and residents with one of the best clinical tools available, which will strengthen our training program as we train the next generation of Oklahoma's physicians and shape the future of health care."



Oklahoma State University Center for Health Sciences provides graduate medical education and trains osteopathic physicians, research scientists and other health care professionals with emphasis on serving rural and underserved Oklahoma. The academic health center is home to the College of Osteopathic Medicine, School of Biomedical Sciences, School of Forensic Sciences and School of Health Care Administration.

Mercy is the fifth largest Catholic health care system in the U.S. and serves millions annually. Mercy includes 35 acute care hospitals, four heart hospitals, two children's hospitals, three rehab hospitals and two orthopedic hospitals, nearly 700 clinic and outpatient facilities, 40,000 co-workers and more than 2,000 Mercy Clinic physicians in Arkansas, Kansas, Missouri and Oklahoma. Mercy also has outreach ministries in Louisiana, Mississippi and Texas. For specific information about Mercy's technology services, visit mercytechnology.net





NURSE + TALK

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If you could have one superpower what would it be? Norman Regional Health System - 4

Mine would be the power of healing.



Jessica Hall, RN

To fly, just so if you ever wanted to go to the beach.



Rebekah Jackson, RN

Each week we visit with health care professionals throughout the Metro



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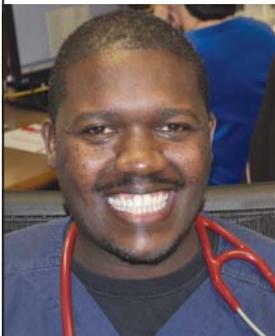
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Honestly, to see into the future. That way we wouldn't have to do half the things we do.



Courtney Stark, RN

To read people's minds just so I could know what they think about me.



James Murunja, RN



HUNT

Continued from Page 8

McGuire. "Their passion to make a difference by supporting autoimmune disease research is inspiring."

Many of these teens have relatives or friends who are fighting diseases like lupus or MS, said McGuire, so it's great to see the group take action to help OMRF in its research efforts in those areas. "These students are

learning how to be a part of real grassroots philanthropy."

Those who can't attend the Hunt for Hope event can still support the campaign with the purchase of a T-shirt at www.booster.com/omrfteenleaders by April 6.

More information about the Hunt for Hope event can be found at this link: www.omrf.org/hunt4hope or by contacting Allison Parker or Kelley McGuire in the OMRF Development office at 405-271-7400.

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We are extremely grateful for you!

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of Central Oklahoma

