

Scraped Knees and Much More



photo by Vickie Jenkins

Joyce Foltz, RN, BSN, MEd wears many hats, taking on many responsibilities as school nurse for several Oklahoma City schools.

by Vickie Jenkins, Staff Writer

School nurse- someone that has a crucial role in the seamless provision of comprehensive health services to children and youth.

Do you remember when you were in elementary school and you fell down and skinned your knee? The teacher would send you to the school nurse and somehow, that band aide that she gave you, suddenly made everything better, didn't it? Today, I am pretty sure school nurses cover a few more issues than scraped knees.

Meet Joyce Foltz, RN, BSN, MEd currently working as school nurse at Hayes Elementary, Emerson North, Emerson South and Extended Educational Services as providing staff Health Education.

"I also cover other schools in the OKCPS district as needed. I have worked at most of the OKCPS schools during my tenure with the

district," Foltz said.

Foltz graduated from the University Of Tulsa School Of Nursing in 1981. She began her career as an RN in Tulsa, OK, working in the Emergency Department. She has also worked in ICU and Home Health. She began working with the OKCPS in April of 1994 as a School Nurse. Before that, she was Health Occupations Education instructor at Eastern Oklahoma County Technology Center in Choctaw. Nurses are required to have a teaching certificate to work as a school nurse.

What gives you the most satisfaction about your job? I ask Foltz. "I enjoy being able to provide care for students and staff, resources for parents and education for students, staff and parents. My favorite thing about being a nurse is when I see a student smile when they leave my clinic, able to return to the classroom, eager to learn."

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Norman Regional receives "A" ratings



by Bobby Anderson, Staff Writer

Norman Regional Hospital and Norman Regional HealthPlex were both awarded "A" grades in the spring 2018 Leapfrog Hospital Safety Grade.

Leapfrog Hospital Safety Grade is the only hospital rating focused exclusively on hospital safety. Developed under the guidance of an expert panel, the Leapfrog Hospital Safety Grade uses 27 measures of publicly available hospital safety data to assign grades to approximately 2,500 U.S. hospitals twice per year. It is peer reviewed, fully transparent and free to the public.

The Leapfrog group began doing the Hospital Safety Grades in 2012 to help patients and families determine the safest hospitals to seek care.

Norman Regional Hospital, located at 901 N. Porter Ave., earned an "A" grade from Leapfrog for a consecutive year.

Norman Regional HealthPlex, located at 3300 HealthPlex Parkway, also earned an "A" grade, bringing up its "B" from the fall 2017 Leapfrog Hospital Safety Grade.

"This is the only national rating of how well hospitals protect patients from preventable harm and death, such as medical errors, infections, and

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NRH

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injuries," said Leah Binder, president and CEO of The Leapfrog Group. "Receiving an 'A' Safety Grade means a hospital is among the best in the country for preventing these terrible problems and putting their patients first, 24 hours a day."

Richie Splitt, president and CEO of Norman Regional Health System, was proud of Norman Regional Hospital's "A" grade in the fall, and is even more proud of the healers at Norman Regional for earning an "A" at both campuses.

"We take safety seriously. We always want to make sure our patients are safe and well taken care of," Splitt said. "Earning an 'A' at both campuses is meaningful recognition of our continuous efforts to reduce medical errors, injuries and infections."

Earlier this year, the health system was named one of America's best for Bariatric Surgery and Stroke by the Women's Choice Award, America's trusted referral source for the best in healthcare.

The award signifies that Norman Regional is in the top 9 percent

for bariatric surgery and top 8 percent for stroke centers of 4,812 U.S. hospitals and stroke centers reviewed.

"This is the second year in a row for Norman Regional Health System to be a Women's Choice Award recipient for both bariatric surgery and stroke. We are incredibly proud of our healers for their hard work and dedication to patient care, safety and satisfaction," Splitt said..

Norman Regional is one of 422 award recipients representing the hospitals that have met the highest standards for bariatric surgery across the U.S.

"As the FDA approves more bariatric procedures and treatment options increase, the Women's Choice Award is helping women make educated, confident decisions about where they should go to get the very best care," said Delia Passi, founder and CEO of the Women's Choice Award. "There are many women who struggle with their weight, especially as they age. For some, diet and exercise alone aren't enough and they need to turn to bariatric procedures to reduce their weight for their overall good health."

Weight-loss Surgery Does What Diets Could Not

Oklahoma City man drops 90 pounds and credits OU Medicine team with saving his life

Oklahoma City - When Jerry Trent looked in the mirror, it wasn't just the excess weight he saw. It was his own mortality. The Oklahoma City man knew his life was in danger.

"It's a choice. Do you want to live or not? And I wanted to live and not be sick all the time," Trent said.

Trent's doctors told him he was more than just overweight. He was morbidly obese. Trent, 71, also had diabetes and both were taking a toll on his body. His joints ached. He had trouble breathing and his blood sugar was high - dangerously high.

"I had lost some weight along the way here and there, but it wasn't enough," he said.

His doctor had him on two different kinds of insulin (5 shots a day), metformin and another diabetes medication to try to reign in his soaring blood sugar levels, but the numbers were still alarmingly high.

"Everybody has gone on diets to lose weight. I didn't go on a diet this time because you will go off a diet," he explained.

Instead, Trent turned to the Metabolic and Bariatric Surgery Program at OU Medicine. He attended a seminar first.

"I was like, 'Let's do it tomorrow,'" he said.

However, Laura Fischer, M.D., and her team know that bariatric surgery success starts long before the patient arrives in the operating room.

"We know that bariatric surgery is a powerful and important tool to help people like Mr. Trent lose weight successfully, but it is only part of the equation. Our clinic combines experts with a variety of medical backgrounds to provide comprehensive care and education. In fact, all our patients are required to meet with our team for in-depth medical, nutritional, psychological, and physical therapy evaluations. The goal is to develop an individualized treatment plan that helps each patient safely and effectively progress toward surgery," Fischer said.

Before surgery is scheduled, the

OU Medicine Metabolic and Bariatric Surgery Program works to help each patient complete the necessary testing and education required to complete the program, including:

- Attending a free Bariatric Surgery Information Seminar
- Working with the weight loss team on diet and exercise changes
- And undergoing a comprehensive medical evaluation

"You do go through some hoops before you get to surgery," Trent said, but he willingly went through all of them and goals that would need to be met for surgery were set. Trent needed to lose 10 to 15 percent of his body weight. He lost the weight, but there was another hurdle that he still needed to overcome.

"She said my A1C was going to have to be below 8 before she could even begin to do surgery," he said.

The A1C test is a blood test commonly used to diagnose and then to gauge how well a person is managing his or her diabetes. Trent's A1C was over 12. It took three months, but finally Trent was there. His A1C hit 7.9 and surgery was scheduled.

Trent underwent a procedure known as Roux-en-Y Gastric Bypass surgery.

"It's really a two-part procedure in which we first surgically reduce the size of the stomach. With a small stomach, the patient feels full quickly and therefore eats less," Fischer explained.

"Next, we disconnect the new, smaller stomach pouch from the rest of the stomach and the duodenum (the first part of the small intestine) and connect it to a part of the small intestine farther down, called the jejunum. This reduces the absorption of calories and nutrients."

Fischer utilizes laparoscopic techniques with small incisions to lessen pain, speed healing and reduce the risk of infection.

Trent called the surgery "a piece of cake" and the results "amazing."

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FOLTZ

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Asking Foltz what her biggest asset is with her job, she replied, "My coworkers would say organization and knowledge base. I love learning new things and educating others. I also have a great staff to work with."

What age kids are the best to work with? I ask Foltz. "Every age group has its attractors and detractors. I enjoy elementary ages the most but feel I can provide education and services to all ages."

I asked Foltz how she would describe herself. "I love providing education to others, seeing the 'light bulb' come on when they learn something new. I try to make my classes fun as well as educational. I am organized; detail oriented and have the ability to work without direct supervision. I am a good listener, trying to find the cause of the headache or stomach ache instead of just taking their temperature and sending them back to class. Sometimes, all they need is someone to listen to them and allow them to work out a solution themselves."

Asking Foltz what advice she would give someone if they were

interested in going into the medical field, she replied, "I would tell them that they need to enjoy math and science as well as working with people at their worst. If someone wants to become a school nurse, they need to be able to work independently in the school setting to provide health care and education primarily to students and they need strong skills in critical thinking, decision-making, communication, individual and classroom education and child advocacy. School nurses must have a minimum for a baccalaureate degree and School Nurse Certification through the State Department of Education. A school nurse needs expertise in pediatric, public health and mental health nursing as well as possessing strong health promotion, assessment and referral skills. The school nurse needs to have knowledge of laws in education and health care that impact children in the school setting as well as knowledge of the Nurse Practice Act."

Is there anything that you would change about your job? I ask Foltz. "I would like to see the legislature mandate and fund full time nurses in every school. Some districts have one nurse for the entire district."

Foltz is married and has two adult children and one grandson. "Unfortunately, my children live in Pennsylvania and Michigan." Her hobbies include reading, traveling and hiking. Foltz is also a CPR instructor and teaches classes through work as well as in the community. She also provides Child Care CPR classes as well. People are welcome to contact her if they are interested

in a class. She also teaches the Diabetes Medical Management in school classes, Vision Screening Training, Blood borne Pathogens and Medication Administration in Schools.

Ending with one of Foltz's favorite quotes dealing with being a school nurse?

I'm a nurse. What's your super power?

TRENT

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He has dropped almost a third of his body weight.

"I've lost 90 pounds. So you can imagine how much better I feel. I am so proud of myself. I was wearing size 50 pants and I have a pair of size 38 that I can get into now," he said.

Perhaps even more importantly, Trent has finally been able to control his blood sugar levels.

"Since surgery, I have not had to have one shot or one pill of insulin. It saved my life. They are my heroes," Trent exclaimed, beaming at his success and newfound health.

Trent's medical team beams with pride too at his success.

"I love my work," Fischer said.

"It is so rewarding to be able to help people reclaim their health and their lives. Bariatric surgery is not for everyone, but for patients like Mr. Trent, it is often the tool that finally allows them to reach their health and weight goals."

Most insurance covers the procedure and the program has financial specialists in place to assist patients too.

Trent is now walking a little over a mile a day and he's purchased a new workout machine.

"I've been working out and, oh my goodness, it's made me stronger than I have been in years."

To learn more about the OU Medicine Metabolic and Bariatric Surgery Program, visit www.oumedicine.com or call (405) 271-9448.

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P.O BOX 239 MUSTANG, OK 73064

Editor and Publisher, Steven R. Eldridge - news@oknursingtimes.com
Recruitment Advertising - Chasity Tallent - ctallent@oknursingtimes.com
Advertising Services Lisa Weigel - advertising@oknursingtimes.com
Writers: Bobby Anderson, Traci Chapman, Vickie Jenkins, Vicki L Mayfield, M. Ed., R.N. Send all news, story requests, letters to the editor and press releases to news@oknursingtimes.com

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CAREERS IN NURSING

GIVING WOMEN UNDIVIDED ATTENTION: HOPE PREGNANCY CENTER

by Vickie Jenkins - Writer/Photographer

Are you familiar with Hope Pregnancy Center? Hope Pregnancy Center is a place for women seeking help with an unplanned pregnancy. Hope has been helping women and men since 1986. Hope Pregnancy Center provides free pregnancy tests, ultrasounds, classes on parenting, motherhood and fatherhood and abortion recovery services. All services are provided free of charge and totally confidential. The friendly staff and volunteers provide support for women who feel like they are going through their situation alone. Women and men are empowered with education on each pregnancy option to help them make an informed choice. Hope provides quality health services and cares for patients with respect and compassion. Hope Pregnancy Centers are a ministry of Oklahoma Baptist Homes for

Children.

Beth Gardner, RN, Nurse Manager at the north Oklahoma City center is an excellent nurse who gives women her undivided attention. Beth's gentle voice and loving heart, along with the tender loving care she has for others shines through as she serves women and their families.

Beth grew up in Oklahoma City, OK and graduated from OCCO. "I love my job and wouldn't want to be anywhere else," she said. "I've been at Hope Pregnancy Center about two years," she added. Beth said her typical day includes a little bit of everything. "I administer pregnancy tests, ultrasounds, set appointments and make follow up calls. I explain the many resources Hope has plus community resources such as WIC," she said. Each Hope Pregnancy Center is served

by a Nurse Manager who is on staff with volunteer nurses. There are 5 volunteer nurses serving at the north location.

When asked what she had learned at Hope, Beth said, "We see people of every description; from those who are 'of means' to those in poverty, from teenagers to women in their 40's, and people from ethnic backgrounds. No matter whom they are or what their background is, we treat everyone with respect, love and compassion."

When asked who had an influence on her to become a nurse, Beth replied, "Actually, when I went to school, I got a degree in psychology. Then, in 2002, I decided to explore nursing. I realized nursing was something that I really wanted to do and I felt a real calling from God to continue on. I know that I

am supposed to be here at Hope Pregnancy Center."

When not working, Beth enjoys spending time with her husband and her son, Dylan, 7 years old. Beth is pregnant with her second child, a baby girl due in 2 weeks.

Beth describes the qualities of a good nurse. "A nurse has to be compassionate and a great listener. They have to have critical thinking skills at all times. I also think it takes a special kind of person to be a nurse and they have to have a real desire to love and care for others," she said.

"I love the ministry aspect of the work at Hope. Sometimes, I get to share my faith with others and parts of my own story. Hearing about God's love and care for us encourages me and I love the opportunities to share that encouragement with others,"

See GARDNER Page 5

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Oklahoma's Nursing Times



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Curtis defied all the odds. We watched him grow and develop. We remember when he ran on the field with his glove for his first t-ball game.

But Curtis' kidneys eventually failed, and he started dialysis when he was 12 years old. He was at the top of the transplant waiting list when we got the call in October 2009.

When he received his new kidney, it saved his life and now he has been crowned Prom King and is graduating from High School!

We learned that his donor was Marilee, a softball star from the University of Oklahoma. Marilee's donation not only saved Curtis, but she also saved the lives of five others.

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. If you don't have a license or state ID card and do not have internet access, call 800-826-LIFE (5433) and ask for a donor registration card.

LifeShare

Patient and Nurse Form Lasting Bond After Near-death Experience



Zink began having breathing problems and was seen in the ER, forming an ever-lasting bond. Zink now seeks to pursue her own nursing goals.

When 19-year-old Landri Zink went to the emergency department at Mercy Hospital Ardmore, she had no idea the connection she would form with one of the nurses on duty who helped save her life.

A week earlier, Zink began having breathing problems, chest and back pains, and a wet cough that got progressively worse. Before long, she could no longer catch her breath.

When her parents took her to the hospital, doctors immediately ordered chest X-rays and scans to get a closer look at her lungs.

From the get-go, Zink and her parents felt a connection to her nurse, Melissa Bazzrea Smith, who provided clear communication and a reassuring presence.

"She treated me like her own kid while I was there," said Zink. "If it wasn't for her, I may have

lost my life."

Through every step of Zink's journey, Smith was by her side.

"I knew Landri and her parents were depending on me and I couldn't let them down," said Smith.

Zink was transferred to Mercy Hospital Oklahoma City where she stayed for six days - four of those days in the intensive care unit while she was in critical condition. Doctors determined that she had pneumonia - an infection of the lungs.

About a month later, Zink and Smith ran into each other at a local hair salon.

"I started crying and she started crying and we hugged," said Smith. "We exchanged numbers and have stayed in touch since."

As a freshman in college, Zink hopes to pursue a career

in nursing. She spoke with Smith about her career aspirations. Smith shared her own journey to nursing which included volunteering at the hospital as a teenager and an eight-year career as a nurse technician before graduating from nursing school.

Thanks to her experiences as a patient, Zink now knows she wants to become an ER nurse like

her new mentor.

"It makes me feel great that Landri wants to be an ER nurse," said Smith. "It's a reminder of why I do what I do, which is helping people and saving lives. I was inspired by my Mimi (grandma) to become a nurse and hopefully I can inspire more people to pursue nursing."



Beth Gardner, RN serves as Nurse Manager at Hope Pregnancy Center, north OKC location. Hope Pregnancy Centers are a ministry of Oklahoma Baptist Homes for Children.

GARDNER Continued from Page 4

she replied. Being a ministry of Oklahoma Baptist Homes for Children, staff and volunteers are free to share their faith to encourage and offer hope to those they serve.

Hope Pregnancy Center has five

locations in Oklahoma: north OKC, Edmond, south OKC, Ardmore and Tulsa. Beth works at the center located at 10327 N. May, in north OKC. If you have any questions or are interested in volunteer opportunities, call 405-342-0555; visit their website at www.obhc.org/hope or Facebook page at Partners for Hope OK.

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Protecting moms from autoimmune disease

Whether your Mother's Day tradition is serving breakfast in bed, treating her to a spa day, or heading to a movie, the most important part is spending time with mom.

But while we celebrate mothers, scientists at the Oklahoma Medical Research Foundation are working to protect them. Specifically, they're trying to stop autoimmune diseases, conditions which disproportionately strike women.

Lupus, rheumatoid arthritis and multiple sclerosis are some of the disorders in which the immune system becomes unbalanced and attacks the body. All told, the diseases affect an estimated 25 million Americans.

"Almost all of the 80-plus autoimmune diseases we know are more common in women than men," said OMRF immunologist Hal Scofield, M.D. "For example, Sjögren's syndrome makes the body attack its own moisture-producing glands, and it occurs in women at a

9-to-1 ratio over men. Recent studies we've done may offer clues as to why it is so female-slanted."

In a 2016 study, Scofield and his research team found that the diseases may not actually be based on gender—but on how many X chromosomes a person has. "When it comes to understanding the gender bias of autoimmune diseases, X might literally mark the spot," Scofield said.

Chromosomes determine the biggest difference between males and females genetically. Each person typically has one pair of sex chromosomes per cell. Females have two X chromosomes, while males have one X and one Y.

Scofield said this avenue of research could lead to the discovery of pathways that could be more effectively treated by drugs to reduce the risk of developing these diseases or helping to better manage symptoms.

One way OMRF is already



OMRF physician-researcher Judith James, M.D., Ph.D., works with a lupus patient.

actively helping protect women from autoimmune disease is with the SMILE trial, the world's first lupus prevention study.

The study launched late last year and is still actively recruiting new participants.

In the trial, researchers seek to identify individuals at high risk for developing lupus and treat them with an immune-modifying medication before they ever transition into the disease. The goal is to delay the onset of lupus, lessen its symptoms and potentially prevent it altogether.

"As a physician, I find this trial incredibly important because I have seen the damage and destruction that happens with lupus," said OMRF Vice

President of Clinical Affairs Judith James, M.D., Ph.D., who launched the project.

James said the ultimate goal is to prevent the disease from ever happening. But even if an individual still transitions into lupus, early detection and getting treatment started before the damage is done can mitigate the potential damage and improve outcomes.

"I think we have opened the door to understanding why there's a sex bias or gender bias in autoimmunity," said Scofield. "It could lead to new targeted therapies for autoimmune diseases that could result in longer lives for our sisters, wives, daughters and, of course, our mothers."

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Mercy Leader Appointed to Oklahoma State Board of Health

Becky Payton, regional vice president of operations for Mercy, has been appointed to serve on the Oklahoma State Board of Health by Gov. Mary Fallin.

The Senate confirmed Payton's appointment in early May.

Payton got her start in human resources in the manufacturing industry before she joined Mercy as vice president of human resources in March 2008. She has served as regional vice president of operations for Mercy since 2014.

"I am passionate about fiscal responsibility and helping organizations run efficiently," said Payton. "My goal is to look at how hospitals are collaborating with the state to ensure we're sharing resources and working together to tackle the biggest health care needs for Oklahomans."

Payton just completed her term on the board of Mount St. Mary Catholic High School. She currently serves on the boards of Mercy Hospital Ada, Mercy Hospital Logan County, Mercy



Becky Payton, regional vice president of operations for Mercy.

Rehabilitation Hospital Oklahoma City and Oklahoma Heart Hospital.

Payton will replace current board president Martha Burger, who will become president of Oklahoma City University. Her nine-year term with the Board of Health begins July 1.



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

Is there any way to strongly encourage someone to get therapy for childhood trauma that has never been processed? My friend has shared the trauma with me but says she has dealt with it and does not want to talk to a therapist. Here is more of her story.

My friend, Nancy has been married three times and strangely enough the profiles of the men are almost identical. Nancy connects to men who are less educated, less motivated, less strong work ethics and controlling. They are attractive and charismatic. She works really hard at her job plus caring for her young daughter. Her ex-husband does not hold down a steady job so child support is rare.

Nancy will acknowledge that she had not made good choices in husbands but hasn't let herself REALLY do the work and connect the dots.

Nancy is a trauma survivor. When she was a child her grandfather "traded" his wife (her grandmother) for her as a sexual replacement. According to her grandfather (who shared this story many years later), Nancy's grandmother did not like sex, so he chose Nancy, his 6 year old granddaughter to replace his wife. The sexual abuse lasted approximately 6 years, from the ages 6-12.

Nancy learned to disassociate during the sexual encounters, although she did not know it at the time. It was her way to survive the unthinkable. There were many years in Nancy's life that she could not remember, i.e., school, holidays, birthdays, etc. There were so many questions. Nancy would frequently remark that something must be wrong with her because of the things she did, i.e., drugs, alcoholic blackouts, promiscuous sex, etc.

The impact of trauma on relationships can be devastating and can show up in a host of issues. Survivors often believe deep down that no one can really be trusted, that intimacy is dangerous, and for them, a real loving attachment is an impossible dream.

Even if the survivor finds a safe, loving partner later in life, the self-limiting scripts stay with them. They cannot just easily toss them and start over. These life lessons are all they have (so far) to survive the best way they know how.

Even with a safe partner, a trauma survivor may

- *experience depression
- *develop compulsive behavior, an eating disorder, or substance dependence to try and regulate their emotions.
- *have flashbacks or panic attacks
- *feel persistent self-doubt

Many people do not even realize they have had traumatic experiences and if they do have this awareness they may lack the insight to realize how it is severely affecting them.

More to come in next weeks column.

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NURSE + TALK

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What's one thing you would change in nursing? College of Nursing at Oklahoma Baptist University

I would say more of an understanding of diverse populations and cultures and how to teach them.



Jaime Brantley, MSN, RN, CNE

I would like to change the perception of nurses about their level of knowledge, education and preparation.



Jennifer Sharma, MSN, RN

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

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It would be the implementation of evidenced-based practice. We get bogged down and don't have enough time.



Shaelene Fipps, MSN, RN

I'd like to see more people get higher degrees. I think it would really benefit our state and our patients.



Rebecca Coon, MS, RN

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