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photo by Vickie Jenkins

Thoughtful,  
 Caring and  
 Playful  
 Describes  
 Children's  
 RN

Cassie Smith, RN enjoys working in Rehab at The Children's Rehabilitation Hospital. "It is nice to see the children accomplish so much through therapy and rehab," said Smith.

by Vickie Jenkins

Cassie Smith is an RN at The Children's Center Rehabilitation Hospital. She works in the Rehab unit and enjoys her job working with children. Even at a young age, Smith was a caring and compassionate person. It became evident that Smith wanted to become a nurse when Smith's uncle was in a motorcycle accident that

resulted in a very serious head injury. "That was when I knew that I had a desire to become a nurse," Smith says. Smith believes that her greatest asset is caring for others, which goes a long way working in Rehab.

Smith attended school at OSU in Stillwater, OK. She started working at The Children's Rehabilitation Hospital a week before she

started nursing school. She knew this was the place for her. She has worked here for about 4 years now, enjoying working in Rehab and seeing goals being reached. Choosing a moment that was the most rewarding for her was something she had to think about, since she likes everything about her job. "I guess it's because I like working here, it's a fun job and I think I might even have more fun that some of the children," she says with a laugh. "It is nice to see the children accomplish so much through their therapy and rehab. I have to admit, I love coming to work every day and I like being

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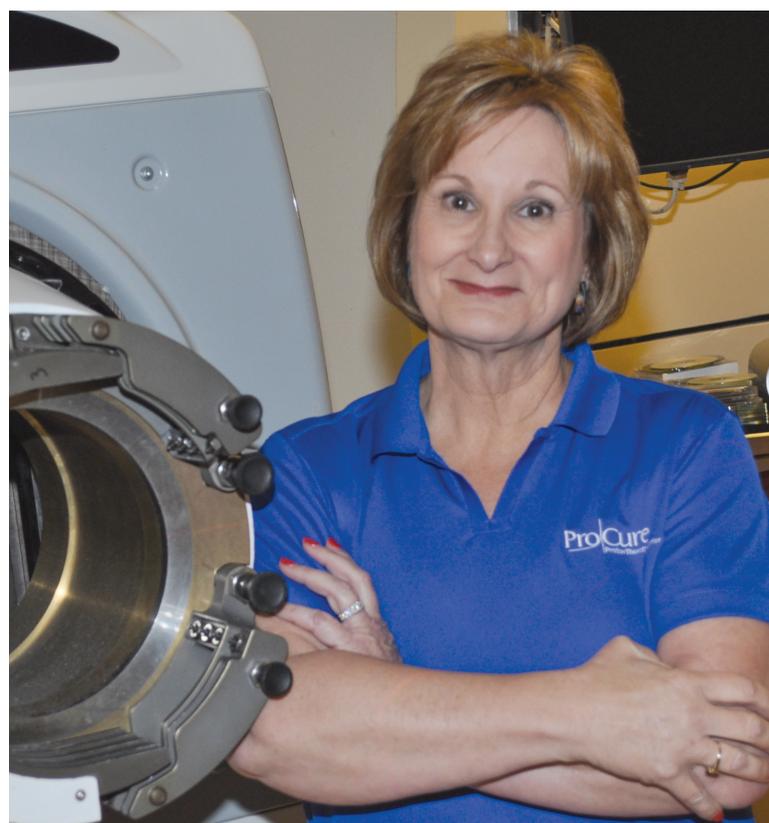


photo by Mike Lee

Diana Schaeffer, MPH, MSN, APRN-CNP, has spent 40 years as a nurse and now treats patients from all over the world.

by Mike Lee, Staff Writer

When Claire Carrick received the news that her son Noah had been diagnosed with rhabdomyosarcoma it hit her with a force she had never felt.

When she learned that her 18-month-old's best shot at a cure was on another continent the pediatric optometrist and her husband packed a few suitcases at their Manchester, England home and got on an airplane.

Luckily for Noah's family, Diana Schaeffer, MPH, MSN, APRN-CNP and the ProCure Proton Therapy Center were waiting to receive them.

"I was quite frightened. We didn't know what to expect," Carrick said. "We didn't know what the treatment would entail. We were uprooted to somewhere that was completely different. Diana was there to talk us through."

Schaeffer's speciality is pediatric cancer patients, both foreign and domestic.

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Oklahoma's  
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**SMITH**

Continued from Page 1

here."

The average stay for children in the Rehab unit is around 6 weeks. These are the children in need of rehabilitation due to a traumatic injury, sudden illness or post-surgery treatment. The staff strive to help improve the patient's opportunity for mobility, healing and independence. "Do you see of any life lesson that you have learned from working here?" I ask Smith. "I cherish each day, taking nothing for granted."

"What advice would you give to someone going into the medical field," I ask Smith. "I would tell them to be open-minded and check out the many different areas they can get into. Learn about that specific field and go into something you enjoy." When asked what qualities Smith thinks make up a good nurse, she replies, "I think a nurse needs to be a good problem solver, be good at critical thinking in case of an emergency and be a loving and caring nurse that cares for others. Be the best you can be." "Did you have a mentor when you were starting out in nursing school?" I ask. "Yes, it was Ashley Agee, one of the charge nurses here at

**"I love to make people laugh and smile and sometimes, all a person needs is someone to make them smile." Cassie Smith, RN at Children's Center Rehabilitation Hospital**

The Children's Rehabilitation Hospital. She was always helpful to me and I looked up to her in many ways. She is no longer here at the hospital. In fact, I believe she is a PA now." When I asked Smith what is something about herself that would surprise others, she replied, "Well, some people may know about this already but I love to go backpacking in the mountains; that's always fun." "Do you have any hobbies?" I ask. "I have a toddler," Smith said. "I am a busy mother so I really don't have time for hobbies," she said with a laugh. "Not now anyway," she adds.

Describing herself in 3 words, Smith replies, "I would say thoughtful, caring and playful. I am a very caring person and I feel compassion for others. I am thoughtful, always trying to put other's feelings before my own, putting myself in their situation. I always think about how I would feel or how I would like to

be treated if the roles were reversed. I am a very playful person. I love to make people laugh and smile and sometimes, all a person needs is someone to make them smile."

Smith says that her favorite thing about her job is the fact that she gets to be around the children, watching them reach their goals. "I like to make the children happy," she says as she gives a big smile. Smith's favorite TV show is First 48. "I think that is because it brings out the nurse in me and maybe, because my husband is a state trooper," she laughs. She enjoys listening to all kinds of music but her favorite music is country.

The Children's Center Rehabilitation Center is where miracles happen, where children get tender loving care and it shows every time a smile can be seen on one of the children's faces. This is where heartstrings are touched and love grows a little more each day.

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# CAREERS IN NURSING

## EASING PAIN: MERCY CLINIC PAIN MANAGEMENT HAS OPTIONS

by James Coburn - Writer/Photographer

A lot of patients who go to Mercy Clinic Pain Management in Oklahoma City think the clinic is only a place to be prescribed medicine to alleviate pain, said Tammy Stolte, a certified medical assistant who has been with Mercy for nearly six years, two of those years with Dr. Arthur Beacham. But the pain clinic is much more comprehensive and offers much more, she said.

"We do a lot of injections in the office," she said. "If it's muscle pain, we'll do trigger-point injections right here in the office," Stolte said. There's physical therapy and a lot that can be done for pain besides prescribe medicine, she said.

"I think sometimes if we listen to the doctor and trust him, sometimes we get a lot of people off these high amounts of pain medication and they actually feel better."

Some people also develop a

resistance to opioids, she said. Patients need not be on pain medicine indefinitely when it is of no help, she said. To keep opioid dependence from happening, every patient is interviewed to determine if they are a candidate for the drug.

"We do have a lot of other things besides that," she said. "If he agrees to take them as a patient, we'll do an initial urine screening and if that comes back okay, we have them go ahead and sign a contract."

Random pill counts and urine screenings are taken into consideration. A few patients are afraid not to take their medicine, even when they don't need it, she said. But the majority of Mercy Clinic Pain Management patients do what they are supposed to do. She said that Dr. Beacham explains to patients not to take their opioid

**"It's actually been my favorite job as far as nursing that I've had so far. The physicians blend humor with their work." Tammy Stolte**

medicine when they don't need it.

"I really like our patients," Stolte said. "We don't have any problems with them. They come in they take their medicine properly."

The clinic also offers nerve block stimulation, in which if found appropriate, a stimulator will be implanted in their body to relieve back pain. The stimulator requires a psychological approval process so that insurance will pay for it, she said.

"They do a lot of things to make sure the patient is actually going to benefit from it before they actually

do the implant," Stolte explained.

Steroid injections are an outpatient procedure done at the hospital, she said. There are several different types including lumbar, cervical, and sometimes thoracic, Stolte said.

With the help of ultrasound, a steroid epidermal injection is given for pain relief. The clinic has had a lot of success with the epidermal injections that are often helpful to manage pain from a ruptured or bulging disc due to degenerative disease, Stolte said.

Continued on next page



**Curtis**  
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Our son, Curtis, wasn't breathing when he was born. The first 30 days of his life in the hospital were a fight for survival. As his little body began to 'wake up', he finally came out of the coma.

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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 Mariee, a softball star from the University of Oklahoma. Mariee's donation not only saved Curtis, but she also saved the lives of five others.

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Tammy Stolte is a certified medical assistant at Mercy Clinic Pain Management. She says there are a variety of options available to alleviate pain.

#### Continued from Page 4

"If they work well for the lower back, they'll do a lumbar spinal epidermal. If those work and they get some relief from them, they'll go back in and burn the nerve," she said. "And it lasts longer. Some people get up to a year of relief from them."

The steroid injection is done before the lumbar spinal epidermal, just to see if it works. Then they'll do the ablation if success has been noted with steroid therapy, Stolte continued. The procedure is called radio frequency nerve ablation. It involves chemically burning a nerve, Stolte said.

"Some people don't get as much relief. It's really an individual thing," she said.

Stolte has worked with five different doctors since she has been with Mercy. The clinic is west of Mercy Hospital in northwest

Oklahoma City in close proximity to her home.

"It's actually been my favorite job as far as nursing that I've had so far," she said. The physicians blend humor with their work, she said.

"It's pain management. It's not just pills."

Pain management has been her favorite job, she said. The job is highly focused because it specializes only on pain, said Stolte, a graduate of Francis Tuttle.

Stolte is not a nurse but always wanted to be one. Her mom was a registered nurse who worked at Mercy.

"I've always wanted to be in health care and I've loved it," she said. "It's been really rewarding. It's fun to watch Dr. Beacham and Dr. Ellis. We've developed this routine. We're just like a family here in this office."

## SCHAEFFER

Continued from Page 1

ProCure maintains a contract with the National Health Service in the United Kingdom. Patients from England, Scotland and Wales will find their way to Oklahoma and Schaeffer.

Word has traveled quickly about what ProCure has to offer bringing in patients even from China and Bahrain.

"It's very difficult," Schaeffer said. "If you can imagine your world being turned upside down by a cancer diagnosis with your child and now you have to pick up and take your child where you don't know anybody. You don't know where you'll be staying and you have no idea who these people are that you're going to hand your child over to."

Schaeffer's nursing career began in an emergency room setting. From there she worked for an insurance company doing utilization review. A master's in public health followed as did a position as the chief of nursing services for the Oklahoma State Department of Health.

She earned her APRN in the process.

"I just felt a need to put that to work," Schaeffer said.

In 2012 she found ProCure.

"You know, when you're trained as a nurse you're kind of trained with some cultural sensitivity but you really aren't quite trained to deal with day-to-day how to live and how to entertain them daily while they're here. Most of your training is hospital-based but we're not a hospital."

Many out-of-town visitors will stay at the nearby Staybridge Hotel, which nurses have nicknamed "The Colony."

But they have almost daily appointments at ProCure.

"It's very easy to get very close to these families," Schaeffer said. "I keep in touch with all of them as they go home. I know my patients and my families very well. I see them almost every day."

Carrick said the 10-week stay in Oklahoma City was difficult but Schaeffer and her husband helped soften the blow.

"She's on speed dial with us," Carrick said.

ProCure is one of two proton centers in the nation that treat UK pediatric patients while the country builds their own proton centers.

ProCure Treatment Centers is a privately held health care company dedicated to improving the lives of

patients with cancer by increasing access to proton therapy.

The company was founded in 2005 in Bloomington, Ind., and is the first to develop a network of proton therapy centers in cities across the United States.

ProCure's solution reduces the time, cost and effort necessary to build and operate a facility. ProCure is advancing proton therapy by collaborating with radiation oncology practices and hospitals to develop centers through innovation and improvements in technology, and by providing training at the world's only educational facility specializing in proton therapy.

Schaeffer also coordinates care with OU Children's Hospital if patients need chemo in addition to proton therapy. She relays information back to the child's care team in the UK, acting as their "constant clinical lifeline" as she says. And since no one travels with their family doc, Schaeffer even provides urgent care for any of the family's needs while here.

"I just kind of fell into it," Schaeffer said. "I think I'm in the only nurse practitioner in the state that does any kind of radiation oncology and I know that I'm the only proton nurse practitioner."

Carrick said the nine-hour plane ride to Oklahoma City gave the family plenty of time to wonder what they would encounter across the pond.

Once they arrived there was a definite dose of culture shock. And being in Oklahoma City during the spring meant the Carricks got to hear their first tornado siren.

"Diana was on Facebook with me telling me we were fine," Carrick said.

The Carricks still have a road to travel. They left in mid-May and Noah's central line was removed before the travels. That will have to be reinserted on arrival back home.

A kidney function test is scheduled and then an MRI in three months.

But whatever the Carrick's face, Claire knows they won't have to face it alone.

"She's our nurse," Claire said of Schaeffer. "But she's our friend now as well."

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**140 GENERAL NURSING**

**Registered Nurse needed Thursday-Sunday 6am-2pm shift. Certified Medical Assistant needed Friday-Sunday 10pm - 6am shift, Certified Nurse Assistants all shifts.**  
HELP WANTED! COWETA Manor Nursing Home RN needed Thursday-Sunday 6am-2pm shift. CMA needed Friday-Sunday 10pm-6am shift, CNAs all shifts. We welcome you to join our family friendly facility! Sign on bonus offered for CNAs and CMAs. Call Tammy for interview 918-486-2166. 30049 E 151st St S Coweta, OK 74429-4544

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Now Hiring!! Full Time CNAs - All Shifts and Restorative Aide (Ask for Connie) Also an Activity Director Apply in person at: Highland Park Manor 1410 W. Willow, Enid OK 73703 EOE

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140 GENERAL NURSING



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140 GENERAL NURSING

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**We Are Looking For A CNA Days and A Certified Nurse Assistant For Weekend Doubles. We Also Have An Licensed Practical Nurse Open For 10 To 6 Shift.**

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161 LICENSED PRACTICAL NURSING

**We have an immediate opening for a hardworking, full time 10 PM - 6 AM Licensed Practical Nurse**

TEN OAKS A Brookdale Senior living community, has an immediate opening for a hardworking, full time 10 PM-6 AM LPN. Please fill out application at 3610 SE Huntington Cir., Lawton,

**EXPERIENCED LICENSED PRACTICAL NURSE NEEDED FOR 3PM-7AM SHIFT.**

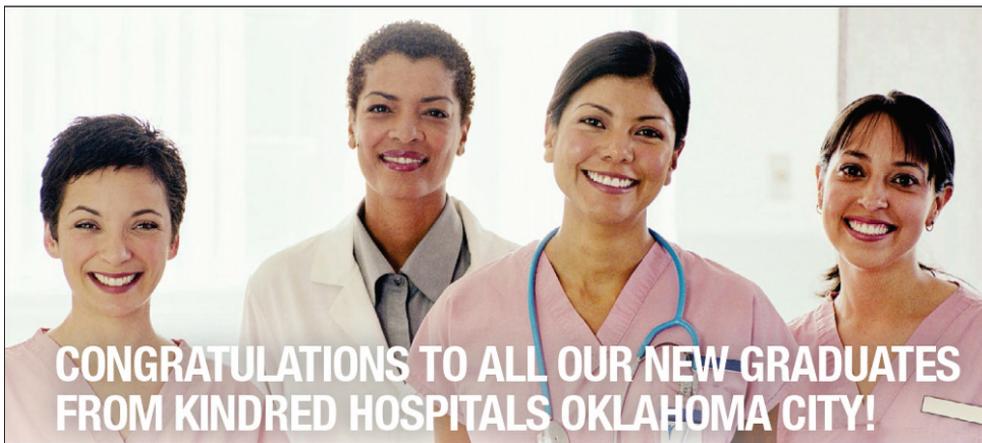
Apply in person Broken Arrow Nursing Home. 424 N Date Ave, Broken Arrow, OK 74012

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**We Are Currently Hiring Licensed Practical Nurses**

Monroe Manor is currently hiring LPN's @ \$17.50 for all shifts. Apply in person at 226 E. Monroe St. Jay, OK, EOE



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## New St. Anthony Urgent Care Now Open

St. Anthony is pleased to announce the opening of St. Anthony Urgent Care. The new facility is located at St. Anthony North, at the corner of Broadway Extension and N.W. 63rd street.

Under medical director Dr. Chad Borin, providers Kristi McKee, PA-C and Nicole Miller, PA-C, will offer compassionate care for minor illnesses and injuries. St. Anthony Urgent Care

is available for non-emergency illnesses such as colds, flu, and sinus infections, as well as minor injuries. Patients visiting the clinic will benefit with fast treatment, an electronic health record, an onsite lab and X-Ray, as well as quick access to specialists.

Open every day from 8 a.m. to 8 p.m., St. Anthony Urgent Care offers convenient hours for those inconvenient moments in our lives.

## OSU-OKC Celebrates Allied Health Building Groundbreaking

Thriving health sciences programs led to a new building concept at Oklahoma State University-Oklahoma City (OSU-OKC). The university celebrated the groundbreaking ceremony of the new Allied Health Building on May 7 with the OSU-OKC campus, community partners and several of the construction teams. The building will feature a Variety Care primary care clinic that will be open to students, faculty, staff and the community.

"We are delighted to welcome Variety Care onto our campus for this exciting partnership," said OSU-OKC President Natalie Shirley. "Our university has many low-income students who inevitably need primary care during the year. In addition, our neighbors need access to care as well. Variety Care is a great partner for us because they will be able to offer primary care, dental and behavioral services."

Construction of the \$13 million, 45,000-square-foot building is scheduled to be completed in time for the fall 2016 semester. Dewberry has been selected for architectural and engineering services, while Crossland Construction Company has



Pictured is Ward 6 City Councilperson Meg Salyer, Variety Care CEO Lou Carmichael, OSU-OKC President Natalie Shirley, OSU-OKC Health Sciences Division Head Danyel Germain, Crossland Construction Company CEO Ivan Crossland, Jr., and Dewberry Principal Bruce Henley.



**OKLAHOMA CITY**

been selected as the Construction Management at Risk for the project.

The building will house OSU-OKC's Health Sciences Division, which includes the following programs: Nurse Science, Cardiovascular Ultrasound, Dietetic Technology and Health Care Administration.

To view progress of the Allied Health Building construction and to find out more information about OSU-OKC's Health Sciences programs, visit [www.osuokc.edu/health](http://www.osuokc.edu/health).

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## Newly Renovated St. Anthony Hospital Chapel Receives Blessing

A special mass and blessing celebrated the newly renovated St. Anthony Hospital Chapel.

Tom and Judy Love made a generous donation to St. Anthony Foundation to renovate the 42 year-old chapel in honor of Archbishop Emeritus Eusebius J. Beltran. The renovation included many updates, including the addition of a stained glass window, almost a century old, of Saint Anthony. The beautiful stained glass window was added to the chapel entry visible from the hospital lobby.

Built in 1973, with over 27,000 visitors a year, the chapel has brought hope and comfort to many over the years. "The chapel is a place of refuge and worship for patients, family members, staff and physicians," said Karen Green, Director of Pastoral Services. "The very spirit of the chapel brings consolation and strength to people of all faiths," she added.

"We are truly appreciative of the generous donation made by the Love family. With their kind gift we were able to enhance the St. Anthony chapel resulting in a lovely place of worship, where our patients, guests, and staff can find peace and comfort," said Tammy Powell, President of St. Anthony Hospital.



**St. Anthony**  
*saints in action!*

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## Oklahoma's Nursing Times Hospice Directory

- another free service provided by Oklahoma's Nursing Times -

### Alpha Hospice:

7512 N Broadway Ext., suite 312  
Okc, 405-463-5695 Keith Ruminer/  
volunteer coordinator/chaplain

### Alleve 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

**INTEGRIS Hospice, Inc. & the  
INTEGRIS Hospice House** Ruth Ann  
Frick, Vol. Coordinator, 405-848-8884

### Hospice of Owasso, Inc.:

Todd A. Robertson, Dir. of Marketing,  
877-274-0333

**Hospice of the Cherokee:**  
918-458-5080

### Humanity Hospice:

Kay Cole, Vol. Coordinator  
405-418-2530

### InFINITY Care of Tulsa:

Spencer Brazeal, Vol. Director,  
918-392-0800

**Indian Territory Home Health &  
Hospice:** 1-866-279-3975

**Interim Healthcare Hospice:**

405-848-3555

### Image HealthCare :

6116 S. Memorial Tulsa, Ok. 74133  
(918) 622-4799

### LifeSpring In-Home Care Network:

Terry Boston, Volunteer and  
Bereavement Coordinator 405-801-3768

### LifeLine Hospice:

April Moon, RN Clinical Coordinator  
405-222-2051

### Mays Hospice Care, Inc.

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

### McCortney Family Hospice

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

### Mercy Hospice:

Steve Pallesen, Vol. Coordinator,  
405-486-8600

### Mission Hospice L.L.C.:

2525 NW Expressway, Ste. 312  
OKC, OK 73112 405-848-3779

### Oklahoma Hospice Care

405-418-2659 Jennifer Forrester,  
Community Relations Director

**One Health Home  
Health in Tulsa:** 918-412-7200

### Palliative Hospice:

Janet Lowder, Seminole, & Sabrina  
Johnson, Durant, 800-648-1655

### Physician's Choice Hospice:

Tim Clausing, Vol. Coordinator  
405-936-9433

### Professional Home Hospice:

Sallisaw: 877-418-1815; Muskogee:  
866-683-9400; Poteau: 888-647-1378

**PromiseCare Hospice:**

Angela Shelton, LPN - Hospice  
Coordinator, Lawton: (580) 248-1405

### Quality Life Hospice:

405 486-1357

### RoseRock Healthcare:

Audrey McCraw, Admin. 918-236-4866

### Ross Health Care:

Glenn LeBlanc, Norman, Chickasha;  
April Burrows, Enid; Vol. Coordinators,  
580-213-3333

### Russell Murray Hospice:

Tambi Urias, Vol. Coordinator,  
405-262-3088; Kingfisher 405-375-5015;  
Weatherford-580-774-2661

### Seasons Hospice:

Carolyn Miller, Vol./Bereavement  
Coordinator, 918-745-0222

### Sequoyah Memorial Hospice:

Vernon Stone, D. Min. Chaplin, Vol.  
Coordinator, 918-774-1171

### Sojourn Hospice:

Tammy Harvey, Vol. Manager  
918-492-8799

### SolAmor Hospice:

Lisa Riggs, Vol. Coord. 405-842-0171

### Sooner Hospice, LLC:

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

### Tranquility Hospice:

Kelly Taylor, Volunteer Coordinator  
Tulsa : 918-592-2273

### Valir Hospice Care:

Dee Fairchild , Vol. Manager OKC Metro:  
405.609.3636 Chandler  
Shawnee/Cushing: 405.258.2333 Toll  
Free: 888.901.6334

### Woodard Regional Hospice

580-254-9275 Cathy Poe, RN Director



**Vicki L Mayfield, M.Ed., R.N.,  
LMFT Marriage and Family  
Therapy Oklahoma City**

*If you would like to send a  
question to Vicki, email us at  
news@okcnursingtimes.com*

**Q. Larry called to say, "I will not be returning to counseling." Upon questioning Larry gave the following reasons for stopping his therapy. His story may surprise you.**

**A.** Larry was a man in his 50's, strong, masculine and definitely not a man who talked about his "feelings." He has been injured on the job and had suffered some major injuries leaving him on disability. He was able to work on a part time basis and the income was much needed.

He regularly saw his psychiatrist who prescribed medications for depression and anxiety. On his last visit Larry was told that his psychiatrist could no longer write reports to validate his ongoing disability unless Larry also talked with a therapist on a regular basis. This was something that Larry did not want to do.

After a few weeks Larry made the call and scheduled his first counseling session. He presented with a defensive posture, guarded speech and poor eye contact. He stated at the very beginning, "I am only here because my doctor told me I had to, I do not believe in counseling and do not plan to talk about any of my personal business. We can talk about religion, politics and the weather and that's all."

So that's exactly what we did. Until one day Larry began to share a tiny bit of information about his childhood. As time went on Larry began to share more and more. He watched a series on TV presented by a well known therapist and lecturer and shared how much he was learning and how he was making changes. Larry was no longer guarded or defensive and was eager and motivated to learn more about himself.

After about 6 months of weekly counseling, Larry called and said, "I need to cancel my next counseling session and I won't be coming back. I have been thinking about how much I have learned about myself and how I really have made some changes. But I realize that I can't get any healthier and fit into the workplace. The healthier I get; it makes it more difficult for me to tolerate stupidity, laziness and incompetency. I seem to notice it more now and it makes me angry that people get away with their dysfunctional behavior at work. Sometimes I wonder if I am the only one that sees it.

So for now I am going to be a "healthier " me and try to blend into the work place and learn how to let it go after I leave. I just realized that if I get too healthy I don't think I can tolerate what I see and hear.

## New publication marks a first for OMRF MS collaborators

A paper published in the Journal of Immunology provided a landmark moment in translational medicine for a pair of scientists at the Oklahoma Medical Research Foundation.

The paper marks the first published collaboration between Robert Axtell, Ph.D., a research scientist, and physician Gabriel Pardo, M.D., who combine their expertise to shed new light on multiple sclerosis, which is an inflammatory, degenerative disease of the central nervous system.

The two scientists' effort focused on understanding the mechanisms of disease in MS and why specific treatment strategies do or do not respond by targeting specific immune cells. The project has been roughly a year in the making.

"It could prove to be a watershed moment for us," said Axtell, an assistant member in OMRF's Arthritis and Clinical Immunology Program, who came to OMRF in 2013 from Stanford University.

Since opening its Multiple Sclerosis Center of Excellence in 2011, OMRF has set out to provide a unique opportunity for MS researchers to collaborate with clinicians to better understand and treat the disease. The clinic allows for evaluation and care of patients where physicians learn firsthand what is or is not working or what needs to be addressed.

With clinical research housed in the same location as basic research, an open line of communication forms, allowing ideas to grow. This rare setup was used to investigate patient response to a popular MS therapy by using both human samples and mouse models.

"This consummates the purpose of having a clinical component to OMRF's operation," said Pardo, who is the director of the MS center and treats more than 2,000 MS patients. "We have a large population of individuals with a well-characterized immune-mediated disease that feeds into the strengths of the institution in basic autoimmune research. This is the first step in many to come." The paper represents a milestone in OMRF's efforts to accelerate translational medicine, a discipline that takes what Pardo refers



**Robert Axtell, Ph.D., and Gabriel Pardo, M.D.**

to as a "bench-to-bedside" approach. By enabling researchers and clinicians to work closely with one another and share findings, it expedites the speed with which patients can receive new treatments.

In the new paper, Axtell and Pardo show that a particular MS medication, interferon beta, alters immune cells in a way that can help to suppress the disease and its symptoms.

Scientists do not fully understand how this specific mediation works in people suffering from MS, but Axtell said these new findings will help shed light on this question. The new information also allows clinicians at OMRF and elsewhere to look for potential markers in patient response so they can tailor treatments accordingly.

Judith James, M.D., Ph.D., leader of OMRF's autoimmune disease research efforts, is encouraged by the findings.

"Patients in OMRF's MS Center of Excellence have been kind enough to allow us to collect extra samples just so these types of studies can be done," said James, who holds the Lou C. Kerr Endowed Chair in Biomedical Research. "By providing samples and their clinical information, partnered with philanthropic and National Institutes of Health financial support, we hope this will be just one of many productive collaborations to occur in multiple sclerosis clinical research." Ultimately, said James, "The goal is that these and related studies will help improve the lives of patients with these diseases."



# NURSE + TALK

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

*If you were not a nurse, what other profession would be of interest to you? McBride Orthopedic Hospital*

"An elementary school teacher. I actually enrolled in the prerequisites for pre-elementary education when my husband joined the military and we were sent to Spain."



Terry Matlock, RN  
house supervisor

"I would want to be a national park forest ranger because you're outside all the time and it's beautiful surroundings. I think it would be fun."



Courtney Breckenridge, RN,

Each week we visit with health care professionals throughout the Metro



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"I really like public relations and marketing. I've worked in that area before and I'm going back and getting a nursing degree now. I always enjoyed working in that area."



David Morris, nurse  
tech, CNA

"I thought about being a speech pathologist to work with autistic kids or patients that have had strokes before. We have a family friend who has an autistic child."



Sapana Patel, RN

## INTEGRIS SW to Offer More Comfortable Quieter MRI Scans

INTEGRIS Radiology Services at Southwest Medical Center will soon be offering more comfortable MRI exams thanks to the delivery of a new piece of state of the art equipment.

The Discovery MR750w 3.0T MR System with GEM Suite coil technology arrived at the hospital this week. It is designed to meet the needs of both clinicians and patients.

The integrated system combines high-density surface coils and innovative software technologies to provide uncompromised image quality, improved workflow and increased patient comfort to help minimize anxiety and motion.

The new machine utilizes Silent Scan, a revolutionary neuro acquisition technique that makes the sound of an MR scan as silent as a whisper.

"Typical MR scans can reach over 100 decibels. That's roughly equivalent to the sound of a jackhammer, a speeding freight train or what you'd hear sitting in the front row of a rock concert. As you can imagine, this level

of noise can add to patient anxiety," says Katee Hale, operations manager of INTEGRIS Radiology Services at Southwest Medical Center. "We are proud to be the only facility in the state to have Silent Scan capabilities. We hope this will help make our patients feel as comfortable as possible during a scan."

Other key features include feet-first imaging for all anatomies, flexible designs that comfortably embrace the patient, comfort tilt to improve brain and neck exam form, reduced exam times through fewer coil exchanges, and comfortable variable density padding designed to help minimize pressure points. Another added luxury that will also be available with the system are CinemaVision Goggles. With CinemaVision, patients will be able to watch a DVD movie, cable TV, IPAD video or listen to music during their exam.

The new device should be up and running at INTEGRIS Southwest Medical Center by July 2015.

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- » **MSN, Nursing Leadership Track:** Prepares nurse executives for the healthcare environment.

### COMPLETE YOUR TERMINAL DEGREE!

- » **Family Nurse Practitioner (FNP):** A BSN-to-DNP program that prepares nurses for becoming a family nurse practitioner.
- » **Doctor of Nursing Practice (DNP):** A 30 credit hour, post-master's clinical doctorate completion program for advanced practice nurses.
- » **PhD:** Prepares established nurses to become career academicians.

**BECAUSE YOU GAVE,**

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**THE WHOLE COMMUNITY**

**WILL KEEP THE**

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**CHANGE**

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You and thousands of others contributed an incredible \$21,574,097 to our 2014 campaign. Your kindness and compassion will continue to help United Way of Central Oklahoma create lasting change in our community.

We are extremely grateful for you!

*[unitedwayokc.org](http://unitedwayokc.org)*

United Way  
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