

# Oklahoma's NURSING TIMES

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Information for the Oklahoma Nursing & Health Care Professional  
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## Celebrate National Nurses Week!

~ Look inside for the special pull out section honoring  
today's nurses for their many contributions! ~



## "God Told Me to Become a Nurse"



Carrie Rohr, RN is the Cancer Nurse Navigator at Deaconess Hospital. Going through cancer herself, she gives love and compassion to cancer patients.

by Vickie Jenkins

What a loving story Carrie Rohr, RN shared. Nursing was actually her second career. She started out with a

government job as a Director of Training for the office of Personnel Management where she retired after 30 years. Then, out of the blue, on an ordinary morning, she woke

up and said to her husband, "I'm supposed to be a nurse." Her husband, "What, you're supposed to be a nurse?" "Yes, I'm supposed to be a nurse." She immediately called to see what classes she would need to add to her education for nursing school. By the end of the day, she was enrolled in nursing school at OCCC. It was strange; she had never had a desire to be a nurse yet God had a plan for her. It was the fall of 2006 that her new journey began. Attending clinicals by day and classes at

## Graceful life Director of nursing praises her staff



Tracey Brian, RN and director of nursing at Grace Living Center Edmond, says the company helps the staff with education needs.

by James Coburn, Staff Writer

Tracey Brian loves going to work because she's going to be with her second family, she said.

Going strong in her 14th year with Grace Living Center Edmond, Brian, RN and director of nursing is content to stay. She became the DON in 2003.

"It's a family-type atmosphere. A lot of people say that but I mean it," Brian said. "A lot of the people have been here as long as I have. We spend more time with each other than we

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## DEACONESS

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night. Rohr graduated in 2009.

Rohr began her nursing career at Mercy hospital where she worked as a circulatory nurse. Shortly after that, she was diagnosed with breast cancer. After a double mastectomy and 16 rounds of chemo, she returned to work. All of her co-workers were supportive of her. Not long afterwards, another setback. She had developed peripheral neuropathy in her feet and couldn't stand very well. This is when she began working as a Quality Assurance nurse at a desk job. It was totally different for her. One day, her son came to the office and said, "Mom, I never thought I would see you sitting behind a desk. Didn't you become a nurse to take care of people?" That was another turning point for her. After going through cancer herself, she wanted to take care of cancer patients, giving back to others. It was 2011 that Rohr began her job as a Cancer Nurse Navigator. She takes care of the patients from the time they are diagnosed through each step along the way.

Asking Rohr what she thinks

makes a good nurse, she replied, "First of all, they have to be a good listener. They have to be a good teacher and they need to have compassion for people. Oh, and they need a sense of humor. Believe me, working in the medical field, a nurse needs a sense of humor," she answers with a laugh.

"What is the most rewarding thing about working in the medical field?" I ask Rohr. "It has to be when the patients come back to see me and they say they couldn't have made it without my comfort and support. When a patient is diagnosed with cancer, they need a good listener and I think that is one of my gifts from God. I am an easy person to talk to plus going through cancer myself, it makes it a special bonding between me and my patient."

Describing herself in 3 words, Rohr says, "extravert, compassionate and fun-loving." Those 3 things definitely seemed to fit her personality. Rohr says that her best asset is being a good listener, which fits her job so well. "When the patients come in, they are scared and they don't know what is going to happen. I am glad that I can comfort them in this trying situation. I plan all of their schedules, check

with the doctors, taking care of their treatment plans. I am there for their follow-up consults and let them know that I am available if they need me."

"Did you ever have a mentor?" I ask Rohr. "Yes, it was my nurse navigator, Sharon Nall, when I was going through my cancer. She was the one that inspired me to apply for my current job. In fact, we became good friends after that," she adds. Asking Rohr what advice she would give to someone going into the medical field, she replies, "I would tell them to follow their dreams and have passion for their job. Oh, and you can teach an old dog new tricks. Why, look at me," she laughed.

Rohr likes to spend time with her family and her 2 grandchildren, Alex, 11 and Caitlin, 2. Rohr enjoys traveling, especially on cruises and going to the Thunder games. "We have season tickets," she added. She also bragged on her husband; her biggest champion, supporter and care giver. "He is my encourager in everything I do. He is so special."

"I felt God telling me to become a nurse. Why did I? Because He told me to. Now I use my experiences to help others."

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## GRACE

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do our own families."

Brian said she had not planned a career based on long-term care and skilled nursing. She began her career in labor and delivery, working in the emergency department and medical surgical in Lawton, where she is originally from.

She began looking for employment in Oklahoma City when her husband's job caused them to move there. The nursing home industry was accommodating with flexible scheduling, Brian explained.

"When we moved up here at the time, we had no family, and I didn't want my kids going to daycare," Brian said.

She found Grace while working for an agency when she was in LPN to RN school.

"Whenever I came here, they said, 'Why don't you just work for us. You're coming all the time. Just work for us. We'll help you get through school. We'll do whatever you need to accommodate your family, your schedule.' Now I've been here for 14 years."

Grace has kept all of its promises during those 14 years, Brian said. Brian

earned a nursing degree at Oklahoma City Community College. She said it was a great school for a fulltime working mom.

Grace Living Center is more than a nursing home, she said. Nursing homes are often stereotyped as not a place to come to work, she said.

"Grace truly is a care facility. It's a caring home for elders to come to when they're in their golden years," Brian said. "They're accommodating to families all the way to the corporate office to certified nurse aides."

Corporate office management visits Grace and knows the direct-care employees by name, she continued. The family atmosphere extends from the top down, beginning with owner Don Greiner.

"It's wonderful," she said.

The retention of the Grace staff proves her point. Brian said the nursing staff is absolutely committed to making a difference when they walk through the doors every day. They receive fulfillment from caring for the elders.

"They know they are making a difference in these people's lives and they feel it," Brian said. "They stay around for a long time because they feel the benefit and the rewards of the good work that they do."

Her work at Grace is at the

opposite end of her previous work in labor and delivery, she said. But there is a common thread of kindness involved.

"Caring for our elders when they basically have returned to being dependent on us for care is something I found rewarding," Brian said.

When she worked nights in med/surg in a hospital setting, she would come in to a new patient load with patients she learned about on paper and would probably not be there the next day, she said.

Residents of Grace are there because Grace is their home. And the nursing staff gets to reflect on the benefits of compassion and skills they have provided to the elders. The personal rewards are tangible.

"I don't think you see that as much when you're working in a (hospital)," she said. "They do great work, but they don't get to see it day-in and day-out like we do when we come here."

Activities are ongoing at Grace allowing the residents to live their

lives with enrichment, she said. They will go to a circus or some might enjoy fishing, Brian said. The elders venture to casinos and go to the park for a picnic.

Resident Council meetings are provided for the elders to state what they want to do on a given day. A peer mentor group will help with fundraisers devoted to activities. The mentor group of staff workers also does activities on their own such as bowling, Brian said.

Brian's personal life is full of outdoor activities. She loves fishing and teaches Sunday school at the Light Your World Church in Okarche.

Long-term care is highly regulated, but its workers often do not get the praise they deserve by the community, she added.

"It's a rewarding field. I think they are special, special people," Brian said of the 5 Star facility. "They're doing the work that a lot of people aren't interested in doing or don't want to do. So it's a really gifted group."

## SPECIAL TO OKNT

### I'm late! I'm late!

Tina Gable, MSN, RN

Tick-tock, tick-tock, rush-rush, hurry up. It seems this day and age our daily schedules are completely booked and we have become accustomed to living appointment to appointment. Our calendars dictate our next move and our own watches have become our metronome of life. We must keep perfect timing. A combination of school functions, grocery shopping, homework, house chores, even catching our favorite weekly television series is enough to keep most of us in a frazzle. If you are like most, times of absolute relaxation are few and far between and, for some, almost nonexistent.

I'd like to share a little discovery I've made over the last several weeks that has become quite the eye opener. Due to the high doses of asthma medication my son requires to breathe normally, I have resorted to the only thing that has proven reliable for getting him to fall asleep before midnight ...nightly car rides. Every evening around dusk, we buckle in, set the bluetooth to the lullaby station and take a long, peaceful drive down a quiet country road. There is virtually no traffic. It's just us, the soft music, the

road and the stars. Through the soothing motion of the ride, the tranquil sounds of Baby Mozart and calming nature sounds streaming through the speakers, I've come to realize that I actually benefit from this anti-insomnia escapade just as much as my son. I have exchanged mandatory evening drives for sleep and sanity, yet I've become

quite fond of our quiet time. I never expected to experience such feelings of relaxation and gratitude simply from driving down a road, listening to lullabies. There is a true element of peace and refreshment in even just a few moments of genuine relaxation. I've noticed that I fall asleep more quickly, without having to wrestle the daily stressors that run rampant through my mind at bedtime. It's given me a peaceful wind-down time that, honestly, I never thought would have the positive impact it's had on my life.

Do you feel overly stressed? Do you struggle with unhealthy sleep patterns? Do you have frequent headaches? (I did.) It can change. As fast-paced as our lives can be, you cannot neglect to take care of that person in the mirror

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# CELEBRATING NATIONAL NURSES WEEK

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# Best quality

*Half-century of customer service endures with the Uniform Shoppe*



**Left:** Uniform Shoppe owner Elaine Weise and store manager Shari Stallings display popular brands of professional nursing fashion.

**Top:** Uniform Shoppe manager Shari Stallings and sales associate Ericka Branham-Stapp stand ready to serve.

There is an art to customer service, said Ericka Branham-Stapp, Oklahoma City store sales associate at Uniform Shoppe, located at 10503 N. May Avenue. "It does take a person who is very patient with your customer," Stapp said. "First being comfortable approaching them, making them feel comfortable opening up to you for what they need. Customer service is a lost art."

Customer service at the Uniform Shoppe has been going strong since Elaine Weise and her husband, Albert, purchased the Uniform Shoppe 50 years ago in 1965 to originate a new location in Oklahoma City. Her sister and brother-in-law started the business in 1962 in Tulsa. Something special has kept Weise engaged with the Uniform Shoppe for 50 years.

"Our customers mean a lot to us and we take care of them," Weise said. "We sell fine merchandise at competitive prices."

The Uniform Shoppe is a service-oriented store specializing in giving good service, Weise said.

"We like interacting with our customers. We enjoy that," Weise said. "It's just something that we

do. It's part of our life. I can't think of doing anything else."

Weise and her staff have made several friends through the years. The original store was located at 10th Street and Walker.

"I see many faces that I remember from many years ago," she said. "They're still in the business just as I'm still in the business."

Through the years, the Uniform Shoppe has grown and reopened a store in Tulsa at a new location with more space with added stock.

"We have a new manager and staff in Tulsa. They are excited there. We've rearranged the store and it's a fun place to come shop," Weise said.

The Tulsa address is 6221 E. 61st Street and is managed by the Weise's daughter, Jody Weise-Gonzales. The new manager there is Lesa Haukaas. Shari Stallings manages the Oklahoma City location.

Stallings said the conversations with customers have kept her dedicated during her 14 years with the Uniform Shoppe.

"It's the feedback you get from them. Most of it's good," she added.

The store is open from 9:30 a.m. to 6 p.m. Monday through

Saturday at both cities.

"When we first opened our business everything was white and nurses wore dresses and caps, white hose and shoes," Weise said.

Today few nurses wear dresses to work and most of them are wearing some sort of a color, Weise said. Caps are no longer worn with few exceptions, she added. Fabrics have changed. Most importantly is they stretch with blends of fabrics, Weise continued.

"We have many things that resemble street clothes," Weise said. "When I wear my scrubs, people ask me, 'Are those really scrubs?' Why, yes they are. They still look professional and that's important. We cater to the professional working woman and man."

Accessory items include a variety of stethoscopes, traditional and light-weight ones, as well as electronic types. They range anywhere in price from \$35 to about \$500, Weise said. The main stethoscope line sold at the Uniform Shoppe is Littmann and MDF.

"We have pens, pen lights, all kinds of scissors to fit the hands of the employee, hosiery and socks," she said.

Clothing blends adapt to the seasons, Weise said. Brands include

Smitten by Landau, Heart Soul by Cherokee, Med Couture by Peaches, Grey's Anatomy by Barco, Wonder Wink, Jockey, Koi and Carhartt, a new line of men's and women's clothing. Also sold are shoes by Akeso, Weise said.

"A lot of technology went behind that shoe," Stallings said. "It's washable leather and very good for standing all day."

Hospitals may be cold. So the Uniform Shoppe sells t-shirts that compliment the scrubs.

"We also have earrings. We have a lady who makes earrings for us," Weise said. "She uses our scrub colors to make ear rings that are professional and fun to wear."

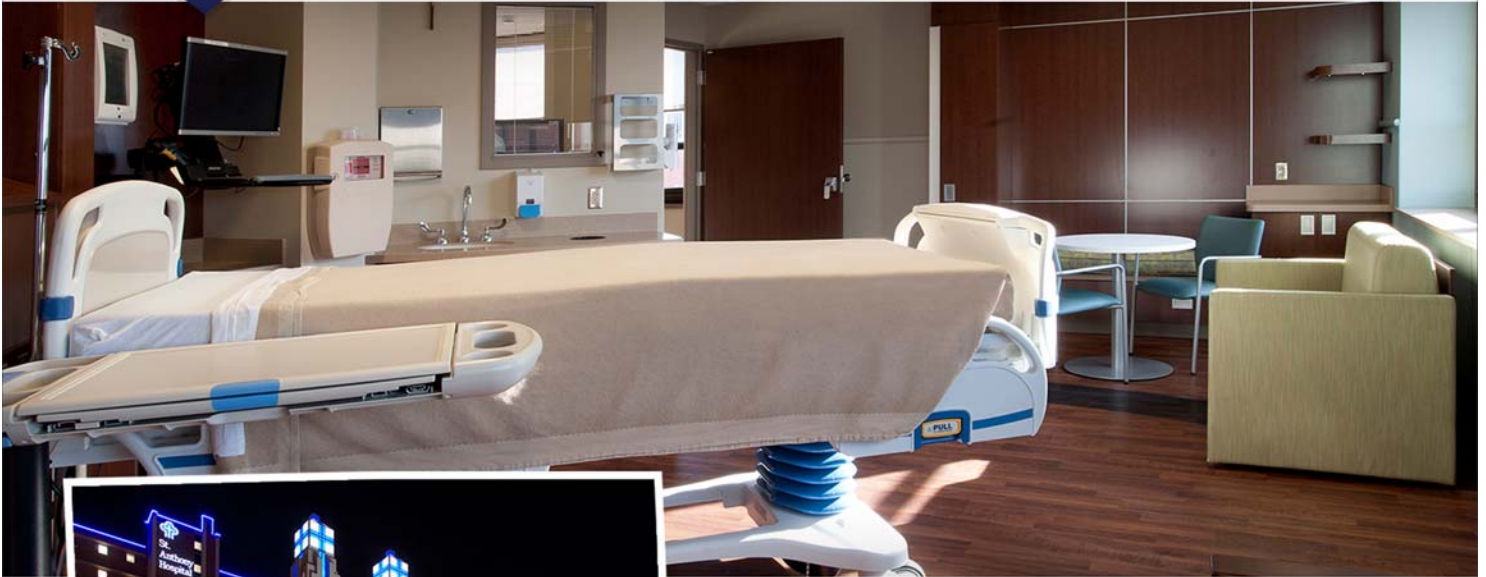
Weise said she uses what she learned from her business degree every day at the Uniform Shoppe. Deep down inside she likes teaching, so she uses her skills by developing her staff.

"We enjoy changing the displays. I enjoy that part of it as well and to interact with the customers. It's fun for me," she said. Many of the hospitals have gone to solid colors of style, she continued.

"But we still love to bring in prints. There are a lot who still use that," Weise said.



## Team-oriented environment Strong mission and purpose



St. Anthony wishes to **thank** our exceptional nursing staff for its unwavering dedication to our patients. You not only exemplify excellence in nursing but you also show compassion. You are an important part of our success and an equally important part of our future.

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# Gift From God



## St. Anthony Hospital nurses bring comfort and hope

St. Anthony manages to be a very large hospital that feels like a small community in a small town, said Elain Richardson, RN, vice president of Nursing and Chief Nursing Officer at St. Anthony Hospital in midtown Oklahoma City.

This sense of community is beneficial to both the patients and the more than 1,080 nurses who work at the hospital.

"People have worked here for a long time. There are multiple generations of folks," Richardson said.

"Myself included, my daughter who is entering into nursing works here. My mother who is going to retire here also is a nurse on the floor."

St. Anthony is a home and family for the staff. They care about the people they work with as well as the patients they care for, Richardson said.

"We do that as a team and I think that it is the people here at St. Anthony that makes the difference for us," Richardson said.

To celebrate, St. Anthony is recognizing National Nurses Week with a reception and gifts.

"We want to remind our nursing staff how much we appreciate what they do," Richardson said. "The physicians are always involved in that as well and so they will be participating this year."

A secret surprise has been kept under wrap but will be unveiled to celebrate the connection nurses have to health care, she said.

Research indicates every year that nursing is among the most trusted professions, Richardson said.

"Patients will tell us things that will help us care for them better," she continued. "They will not be judged or ridiculed and they are not always that forthcoming with other providers. So I think that is a special gift we have as nurses - our ability to connect as people."

People see the nurses as nurturers and caregivers because the nurses embody best practices with kindness and respect.

"I think it is very important for us to

establish that trust with patients. So we accept them as they are - whether they need to improve or are doing everything they can. We just need to take that as our base."

What Richardson appreciates most about St. Anthony nurses is their passion and commitment to their patients and the St. Anthony mission statement, "Through our exceptional health care services we reveal the healing presence of God."

"I think that is a very meaningful statement for our nurses personally and professionally," she said. "And I think it very clear what that

means."

"There are a lot of folks that are very close to nurses at the bedside. There's not a lot of layer," Richardson said. "That allows us to have a better connection with what's happening and having an ear to the point that patients are receiving care."

Richardson said she is blessed to watch nurses grow and thrive in their careers. Some of them were hired as nurse techs and are now going through their graduate work as nurse practitioners. They contribute to the community.

"So it's wonderful to see that whole pathway and to know within the walls of St. Anthony, there is something for them to be part of this family no matter where they are in their career trajectory."

St. Anthony's community outreach includes "volunteer programs" exposing youth to health care. There are also programs for people in their early years of college to expose them to all the opportunities available in the medical field.

Several campaigns are conducted by the nursing staff to raise funds for community agencies.

"We also have a strong employee giving campaign where our employees give of their own money to the foundation," Richardson said. "And the foundation goes out and finds guarantors who can match that money."

The fundraising is used to enhance programs for the nursing environment. "We go out into rural areas and teach about early awareness of stroke, early symptoms of a heart attack, how to keep yourself healthy by doing the testing that is recommended so we don't have folks diagnosed on their first colonoscopy revealing a stage-4 cancer," she said.

This interaction with nurses in the community or within the hospital may be the spark to inspire a young man or woman to become a nurse.

Richardson said that at St. Anthony, nine out of 10 nurses would say they have a personal connection with a nurse that led them to a nursing career.

"They saw nursing as a way to be of assistance and find a greater purpose," Richardson said. "That is so rewarding and it is so wonderful to know that people are so passionate about what they do."



St. Anthony Hospital Vice President of Nursing Elain Richardson says the nursing staff keeps in mind that through the work they do, they reveal the healing presence of God.

# INTEGRIS Extends Heartfelt Thank You to its Nurses

It is impossible to overstate the importance of our dedicated nurses. Their skill, care and compassion are essential to a patient's healing and to our hospital's success and ability to provide world-class care.

At INTEGRIS, we realize the professional practice of nursing is a calling. It is a physically demanding position that requires personal sacrifice, commitment and grace. Many of our nurses give up their holidays with their families to work through nights and weekends to care for our patients. It is this selflessness that we applaud not only during National Nurses Week, but every day of every year.

"We feel honored to have nurses that continuously strive to provide exceptional care to our patients through research founded and evidenced-based practice. We stay ahead of the curve to ensure advanced clinical practice," says Joni Tiller, Chief Nursing Officer and Vice President of Patient Care Services at INTEGRIS Baptist Medical Center. "Our Advanced Practice Nurses (APNs) have increased the community's access to timely care and expertise in clinical practice and our Clinical Nurse Specialists (CNSs) have ensured the highest quality of care at the bedside to our patients, in collaboration with the patients' nurses and medical staff."

She continues, "The clinical expertise required by our nurses to deliver advanced clinical practice is outstanding. Their abilities allow INTEGRIS to provide care to some of the sickest patients in our communities. And our communities have no borders reaching throughout the state, nationally and even internationally."

Nurses are on the frontlines of medical care. They monitor patients sometimes around the clock, administer medication and assess the effectiveness of treatment. They understand the complexities and implications of an illness or injury and alert physicians of any red flags or other concerns.

"Nurses are an integral part of health care, whether in our hospitals, clinics or elsewhere. The work and healing of health care would not and could not take place without them. Physicians know how valuable they are as part of the team and appreciate their incredible hard work, dedication and devotion," says James White, M.D., Chief Medical Officer and Managing Director of Medical Affairs at INTEGRIS Health. "Their work is not always glamorous but is always essential. The knowledge, wisdom, caring, comfort and human touch that they bring to all patients is irreplaceable by any technology. After all, despite all the advances we have seen and will continue to see, the majority of and the best of health care still comes down to a one to one human interaction."

Nurses are a patient's greatest advocate. They spend the most time with them, getting to know them and their families on a personal level which can lead to a greater understanding of an issue or situation. Such insight can be crucial to a patient's care and progress. Nurses also provide invaluable emotional support. They counsel patients and families through everything from understanding a chronic condition to coping with death and dying. Their medical knowledge combined with exceptional people skills provide much comfort and stability to families during difficult and trying times.

Nurses promote health and healing within a range of human experiences that span a variety of care settings. Whether managing patients at the individual or community level, nurses are pivotal in promoting the safety and quality of patient care. From health to illness, nurses are in a position to impact the patient's experience in a caring relational model that integrates the application of data with science, knowledge, and evidence based practice," says Angie Kamermayer, Chief Nursing Officer and Vice President of Patient Care Services at INTEGRIS Health Edmond.

INTEGRIS understands nurses are the backbone of the health care delivery system, making a significant impact on the lives of countless patients each and every day. And for that, we are eternally grateful.



## Every Moment Every Hour Every Day

In the moments that matter, our dedicated nurses are there providing a healing touch, a listening ear and high quality care made strong by the commitment to give their patients the very best. In any one of our facilities, clinics or specialties, INTEGRIS nurses continuously grow and strive to make a positive impact in the life of each individual we serve. So as we celebrate Nurses Week, we take a moment to say thank you, to our nurses for the hours, days and years you have given in devotion to the high call of nursing.

*Thank you for making a difference!*

To view a complete job description and apply online, visit:

# integrisOK.jobs

INTEGRIS considers all qualified applicants regardless of protected status as defined by applicable law, including protected veteran or disability status. AA/EOE



# Nurses Week: Year of Ethics

## Nurses Week to Be Celebrated May 6-12

by Jane Nelson, Executive Director, Oklahoma Nurses Association

Every year, Nurses Week focuses attention on the diverse ways Oklahoma's 42,000 registered nurses work to provide quality patient care and to improve the health of millions of individuals. This year, "Ethical Practice, Quality Care" is the selected theme, in recognition of the impact ethical nursing practice has on patient outcomes and the quality of care. The week begins on May 6, RN Recognition Day, and ends on May 12, Florence Nightingale's birthday. Registered nurses around the country are encouraged to wear their "RN Pins" in honor of Nurses Week and RN Recognition Day.

Nurses Week is devoted to highlighting the diverse ways in which registered nurses, who comprise the largest health care profession, are working to improve health care. From patient care in hospitals, long-term care facilities, and public health to the halls of research institutions, state legislatures, and Congress, the depth and breadth of the nursing profession is meeting the expanding health care needs of American society.

Congresswomen Frances Payne Bolton of Ohio, an advocate for nursing and public health introduced a bill in Congress in 1954 to honor nurses. The year marked the 100th anniversary of nursing profession pioneer Florence Nightingale's mission to treat wounded soldiers during the Crimean War. The International Council of Nurses (ICN) established May 12, Nightingale's birthday, as an annual "International Nurse Day" in 1974. But it wasn't until the early 1990s, that the American Nurses Association encouraged the recognition of nurses' contributions to community and national health expanding the event to a week-long event each year.

Today, nurses are leading efforts on three top quality priorities: patient safety, care coordination and patient/family engagement. Up to 20 percent of Medicare patients are re-admitted to hospitals, often because of inadequate care coordination. Medicare now is paying for certain care coordination services, recognizing that the quality of transitional care provided by RNs is crucial to reducing re-admissions.

Nurses provide education, guidance and resources to individuals and/or

families managing chronic conditions or an illness. RNs help them understand discharge and care plans, medication regimens, appointment follow-ups, referrals and equipment needs. In addition, Nurses are working with the Partnership for Patients (<http://partnershipforpatients.cms.gov>) a public-private collaboration, to improve patient safety and reduce cost by reducing hospital-acquired conditions by 40 percent and 30-day hospital re-admissions by 20 percent. With input from a technical panel of national experts, ANA has introduced an innovative, evidence-based method to reduce catheter-associated urinary tract infections (CAUTI), a common hospital-acquired infection and a shortcoming in quality. This tool is available on the ANA website, [nursingworld.org](http://nursingworld.org)

The Oklahoma Nurses Association works on behalf of all the nurses in the state to advance the nursing profession by fostering high standards of nursing practice. We do this by promoting a positive and realistic view of nursing while lobbying the State Legislature and regulatory agencies on health care issues affecting nurses and the public.

This work we do at the Capitol can only be strengthened by voices of nurses from across the state. Currently, one member of ONA shoulders the advocacy burden for 35 RNs licensed and working in Oklahoma. We need to lighten their load. Every nurse in this state takes advantage of ONA's ability to provide a voice for him or her at the Capitol. It is time all nurses became members of the Oklahoma Nurses Association. Each of us is only as strong as the association as a whole. So this week as you celebrate Nurses Week not only wear your RN pin but also become a member of the Oklahoma Nurses Association. This way you can show your dedication and professionalism all year long.

About ONA's Executive Director-Jane Nelson, CAE was named the Executive Director of the Oklahoma Nurses Association in March 2002. She has 30 years of association management and marketing experience with a variety of organizations. She holds a bachelor's degree from Purdue University and a master's degree from Michigan State University.



**COMPASSION.**  
*It's in the eyes of every nurse.*

*Caring is more than a calling...it's a way of life.*

Our committed, devoted and loyal nurses elevate the standards of the nursing profession today and every day. In celebration of National Nurses Day, we thank our dedicated nurses who make a difference in the lives of our patients, our medical center and our physicians.

**Nurses, today we celebrate YOU!!**



Exciting things are happening here at OSU Medical Center – especially if you're looking for a hospital that values its nursing professionals. For nursing opportunities, scan the QR Code.



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**140 GENERAL NURSING**

**Baptist Village  
Communities**

**ADvantage  
Waiver RN Case  
Management  
Supervisor**

Experienced and  
Certified OKDHS  
ADvantage Waiver RN  
Case Management  
Supervisor with  
Entrusted Hearts by  
Baptist Village. For  
more details and to  
apply, please visit  
Baptist Village  
Communities at:  
www.baptistvillage.org  
and send resume to:  
ajackson@  
baptistvillage.org

**124 CERTIFIED NURSES  
AIDE**

**Full-Time Oklahoma  
Certified Nurse Aid,**  
Minimum 2 Years Experience  
Required, Maturity &  
Reliability a Must.  
#103 E. Central Suite 400.  
Miami, OK 74354

**Certified Nurse  
Assistants for  
the Grove,  
Chelsea, Vinita  
Oklahoma area.**  
Competitive wages, Benefits  
after 90 days. Must be  
registered with Oklahoma.  
Good Insurance and Driver's  
License. Reliable  
transportation. Call  
918-540-2121 between  
8:30am-4:30pm.  
103 E Central Ave, Miami,  
OK 74354

**Certified Nurse  
Assistant,  
All Shifts.**  
Miami Nursing Center CNA,  
All shifts, 401K & insurance  
provided. Apply in person at  
1100 E NE, Miami, OK.

**TAKING  
APPLICATIONS  
FOR CERTIFIED  
NURSE  
ASSISTANTS.  
REWARDING JOB  
OPPORTUNITIES  
WORKING WITH  
PEOPLE WITH  
DISABILITIES.  
FULL TIME, PART  
TIME, EVENINGS  
AND WEEKENDS.**  
Springs Inc., 222 N Main  
St Sand Springs, OK 74063.  
918-241-0236  
TAKING APPLICATIONS  
FOR CNA's. Immediate  
openings. Apply in person:  
Broken Arrow Nursing Home  
424 N Date Ave, Broken  
Arrow, OK 74012

**ROLLING HILLS  
HOSPITAL**

**NURSING  
CAREER  
FAIR**

**CELEBRATE OUR NURSES**  
FIND OUT MORE ABOUT PSYCHIATRIC NURSING AS YOUR CAREER PATH!

**RN LPN MAY 12, 2015 11am - 3pm CNA BHRS**

**1000 ROLLING HILLS LANE, ADA, OK 580-436-3600**

**TOUR OUR FACILITY  
APPLY FOR A JOB  
FREE MEAL**

**MEET OUR STAFF  
PEER NURSE FRIENDLY  
BRING YOUR RESUME**

**124 CERTIFIED NURSES  
AIDE**

**Certified Nurse  
Assistants needed**  
Days, Eastwood Manor in  
Commerce. Direct Deposit  
mandatory. 519 N Mickey  
Mantle Blvd, Commerce, OK  
74339. 918-675-4455

**140 GENERAL NURSING**

**Dietary Manager  
needed Monday-  
Friday, prefer  
experience but will  
train and certify.**  
Ins & direct dep. Eastwood  
Manor in Commerce. 519  
N Mickey Mantle Blvd.  
Commerce, OK 74339.  
918-675-4455

**Now hiring full time  
and part time  
Licensed Practical  
Nurses, Registered  
Nurses, and Certified  
Nurse Assistants.**  
HERITAGE COMMUNITY, a  
skilled nursing/assisted living  
facility is now hiring full  
time and part time LPNs,  
RNs, and CNAs. Please  
apply in person at: Heritage  
Community 1401 North Lelia  
Street, Guyton, OK 73942  
EOE

**We are currently  
hiring Licensed  
Practical Nurses,  
Certified Nurse  
Assistants and  
Certified Medical  
Assistants.**  
CLEVELAND MANOR IS  
currently hiring LPNs, CNA's  
& CMA's. Come in and  
apply at: 900 N. Division St.,  
Cleveland, OK 74020 or call  
918-358-3135 for details

**We are taking  
applications for  
Licensed Practical  
Nurses AND  
Certified Nurse  
Assistants.**  
Heavener Manor is taking  
applications for LPNs and  
CNAs. Come by and talk to  
Wynne Wright, DON. 204  
W. 1st Street, Heavener, OK.  
No phone calls please.

**140 GENERAL NURSING**

**Now taking  
applications for  
Certified Nurse  
Assistants and  
Certified Medical  
Aides positions for  
all shifts. We are  
also taking  
applications for  
11-7 Licensed  
Practical Nurse.**  
Forrest Manor Nursing  
Center is now taking  
applications for CNA and  
CMA positions for all shifts.  
We are also taking  
applications for 11-7 LPN.  
Come join a team of long  
term employees who take  
pride in providing excellent  
care to our residents. Rate  
of Pay is as follows: 3p to  
11p - \$11/ 11p to 7a - \$11.25  
/Weekend \$12. Please apply  
at 1410 N Chocataw Street,  
Dewey, OK 74029

**Experienced  
Certified Nurse  
Assistant,  
Licensed Practical  
Nurse & weekend  
Registered Nurse  
needed on the  
3p-11p and  
11p - 7a shift**  
at Family Care Center in  
Fairland, insurance offered  
after 90 days. Apply in  
person at 12 East CONNOR  
St. Fairland, OK 74343

**WE ARE ACCEPTING  
APPLICATIONS FOR:  
MED AIDE 2-10  
MONDAY-FRIDAY**  
Apply at: SPLC 9515  
N.123rd E. Ave. Owasso, OK

**Certified Nurse  
Aides & Certified  
Medication Aides  
can earn up to  
\$11.00 to \$11.50  
an hour. All  
shifts available.**  
IMMEDIATE ON site training  
for DDGNA's at Billings  
Fairchild Center. Certified  
Nurse Aides and Certified  
Medication Aides can earn  
up to \$11.00 to \$11.50 an  
hour. All shifts available. Call  
Doris McAbee at 580-725-  
3533. E Maple St, Billings,  
OK 74630. EOE

**140 GENERAL NURSING**

**PERSONAL CARE  
ATTENDANTS - Do  
you need a weekly  
paycheck?**  
Girling Health Care needs  
you. We are currently  
recruiting for Personal Care  
Attendants in the Grove  
area. Tasks may include  
providing assistance with  
house keeping, meal  
preparation, laundry, running  
errands/shopping and  
assistance with personal  
care. Must be 18 years  
of age and have reliable  
transportation. No  
certification or experience  
is required but must pass  
all background checks. We  
offer flexible schedules and  
competitive weekly pay and  
travel time. Fax Resume  
referencing Ad #15967 to  
918-665-2909. For an  
application, call  
918-665-8886 Apply  
in-person at 7060 SO YALE  
AVE SUITE 500, TULSA,  
OK. 74136, E.O.E / M.F.D.V.

**We are taking  
applications for  
Registered Nurses,  
Licensed Practical  
Nurses, Certified  
Medical Assistants  
and Certified Nurse  
Assistants.**  
Artesian Home of Sulphur is  
taking applications for RNS,  
LPNs, CMAs and CNAs.  
Please apply in person at  
1415 W 15th between  
8:00AM to 4:00PM Monday  
thru Friday, Ada, OK 74820

**Now accepting  
applications for  
Full-time/Part-time  
7-3, 3-11 and  
11-7 shifts**  
**Certified Nursing  
Assistants and  
Certified Medical  
Aides. We offer  
competitive  
benefits/wages in  
a positive, friendly  
work environment.**  
Corn Heritage Village is now  
accepting applications for  
FT/PT 7-3, 3-11 and 11-7  
shifts CNA's and CMA's. We  
offer competitive benefits/  
wages in a positive, friendly  
work environment. Contact  
Melissa 580-343-2295 or 106  
W Adams in Corn, OK.

**OKLAHOMA  
HEART HOSPITAL**

**REGISTERED NURSES -  
CRITICAL CARE UNIT  
Day & Night Positions  
South Location**

Professional caregiver who assumes  
responsibility and accountability for a group of  
patients for a designated time frame and  
provides care to these patients via therapeutic  
use of self, nursing interventions, treatments,  
modalities, the therapeutic environment and  
interdisciplinary collaboration. The staff  
Registered Nurse demonstrates knowledge,  
professional accountability and adherence to  
DNV Healthcare, federal, and state regulations.  
The staff Registered Nurse actively participates  
in and encourages teamwork to provide  
patient-focused care in accordance with the  
mission and values of Oklahoma Heart Hospital.

**To apply go to:  
www.OKHeart.com/careers**  
Oklahoma Heart Hospital considers all qualified applicants  
including protected veteran or disability status. AAEOE

**140 GENERAL NURSING**

**Now accepting  
applications for a  
3-11 Certified Nurse  
Assistants/Certified  
Medical Assistants.  
We offer competitive  
benefits and wages  
in a positive, friendly  
work environment.**  
Corn Heritage Village is now  
accepting applications for a  
3-11 CNA's/CMAs. We offer  
competitive benefits and  
wages in a positive, friendly  
work environment. 106 W  
Adams in Corn, OK. Ask  
for Melissa Collins, HR  
Director 580-343-2295.

**Now hiring  
Nurses.  
Competitive  
salaries and  
benefits including  
Blue Cross Blue  
Shield All shifts  
are available. We  
are looking for  
nurses with strong  
leadership skills  
to join our team.  
Come join our  
dynamic staff**  
Great Working Environment  
Cimarron Pointe Care Center  
is now hiring Nurses.  
Competitive salaries and  
benefits including BC/BS. All  
shifts are available. We are  
looking for nurses with strong  
leadership skills to join our  
team. Come join our dynamic  
staff Call 918-865-7701  
and ask for Debora or Tammy.  
404 Cimarron Dr.  
Mannford, OK 74044

**We Are Taking  
Applications For  
Certified Nurse  
Assistants, Charge  
Nurse And Part Time  
Activities Director.**  
Apply in person: Broken  
Arrow Nursing Home  
424 N Date Ave, Broken  
Arrow, OK 74012

**Now Hiring  
Full Time  
Certified Nurse  
Assistants -  
All Shifts,  
Restorative Aide,  
Activity Director**  
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

**We are seeking  
ACMA for the  
following positions:  
3-11 Monday-Friday  
11-7 Tuesday-  
Saturday (may be  
flex) Weekend  
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

# Career Opportunities

**FAX 405-631-5103 or CALL 405-631-5100**  
or email ads to [advertising@okcnursingtimes.com](mailto:advertising@okcnursingtimes.com)

# Oklahoma's Nursing Times



## nurse recruitment event

Tuesday, June 2nd • 6 - 8 pm

Benedict Park @ Hillcrest Medical Center  
1244 South Utica Ave.  
Hillcrest Medical Center Campus • Tulsa, OK

Bring your resume for on-the-spot interviews  
with our management team.

We'll also have food, door prizes and more!

RSVP to Natasha Jones  
at 918.579.7835

**hillcrest**  
Medical Center

### WHY DID YOU BECOME A NURSE?

If you want to make a  
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### When caring for our Residents:

- ◆ You become the reason they smile
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- ◆ You enhance their lives daily
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Be a Long-Term Care Nurse  
apply on-line at  
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Medical Benefits • Competitive Pay  
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Located in Guthrie

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### Part-Time Registered Nurses Needed

- Must have current  
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- 2 shifts per wk (7p-7a)
- \$33.00 hour

Send applications  
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**JD McCarty Center**  
2002 E. Robinson  
Norman, OK 73071  
405-307-2800

Fax: 405-307-2801  
[resumes@jdmcc.org](mailto:resumes@jdmcc.org)



We are a tobacco and drug free campus. We do pre-employment drug testing. EOE

#### 140 GENERAL NURSING

**REWARDING JOB  
OPPORTUNITIES**  
working with  
people with  
disabilities.  
Full time, part time,  
evenings and  
weekends.

Springs Inc., 222 N. Main,  
Sand Springs, OK 74063.  
918-241-0236

**We are Seeking  
Nurse Aides,  
Cooks, Licensed  
Practical Nurses  
and Weekend  
Housekeeper**

for Brookhaven Extensive  
Care in Norman. Great  
benefits and competitive pay.  
Please apply in person at:  
1050 Rambling Oaks Drive,  
Norman, OK 73072 or call  
(405) 292-2273.

**MEDICAL OFFICE  
BILLER Needed**  
immediately for a busy  
solo medical practice.

Full time, weekends off,  
paid holidays off. Excellent  
salary and benefits incl. paid  
time off. Must have medical  
office billing experience and  
knowledge of eclinicalis is a  
plus. Please bring resume to:  
3201 W. Gore Blvd., Ste.  
303, Lawton, OK or call  
580-695-9808.

**We have  
an immediate  
opening for a PRN  
Nurse Practitioner  
Muskogee/Tulsa,  
Oklahoma and  
Surrounding Area**  
CIMA HOSPICE (formerly  
Professional Home Hospice)  
has an immediate opening  
for a PRN Nurse Practitioner  
for face-to-face encounters.  
Hospice/Home Health  
experience is preferred but  
not required. Qualified  
applicants can apply by  
faxing their resume to  
918-516-0700, 907 S.  
Detroit Avenue, Suite 905,  
Tulsa, OK 74120

#### 140 GENERAL NURSING

**Certified Home  
Health Aide,  
Nurse Aide or  
Standby Assistant**  
GROWING HOME HEALTH  
AGENCY in search of  
qualified staff to meet the  
needs of private duty clients  
in their places of residence.  
If you are a Certified Home  
Health Aide, Nurse Aide or  
Standby Assistant looking for  
satisfying employment, apply  
in person today at Caregiver  
Services of Bartlesville, a  
locally owned business  
serving the community with  
distinction for the past 30  
years. Drug screening and  
background check required.  
New Hire wage increases.  
100 SE Frank Phillips Blvd  
Suite #302  
Bartlesville, OK 74003

**Registered Nurse  
and Licensed  
Practical Nurse  
Opening! Night Shift.**  
Jim Talliaferro, State  
employment and benefits.  
Pay DOE. 602 S.W. 38th  
St. Lawton, OK 73505,  
580-678-5930.

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

WILLOW HAVEN Nursing  
Home. We are looking for a  
C.N.A. days and A C.N.A. for  
weekend doubles. We also  
have an L.P.N. open for 10  
to 6 shift. If you are tired  
of not being a team, come  
work for us. We are a small  
home with a home like  
atmosphere. 1301 N 5th,  
Tulsa, OK 74102

#### 140 GENERAL NURSING

**Licensed Practical  
Nurse OR Certified  
Medical Assistant  
needed**

for busy Family practice  
clinic, 4 1/2 day work week,  
exc. salary & benefits. Fax  
resume to: 580-536-2427.  
5610 SW Lee Blvd, Lawton,  
OK 73505

**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

**We are Looking For  
Full Time Certified  
Nurse Aide/Mat's  
AND Certified  
Medical Assistants.**  
TEN OAKS. We are looking  
for full time CNA/MAT's and  
CMA's. Please apply at the  
community at 3610 SE  
Huntington Cir., Lawton, OK.  
No phone calls please. EOE.

**Now hiring a  
part-time afternoon  
yard maintenance  
person.**  
HERITAGE COMMUNITY, a  
skilled nursing/assisted living  
facility is now hiring a  
part-time afternoon yard  
maintenance person. Please  
apply in person at Heritage  
Community 1401 N Lelia St,  
Guthrie, OK 73942 EOE

#### 140 GENERAL NURSING

**We are  
accepting  
applications for  
full time nurse**

FAMILY PRACTICE  
MEDICAL CLINIC accepting  
applications for full time  
nurse. Bi-lingual a plus but  
not required. Excellent  
benefits, salary based on  
experience. Send resume to:  
Business Manager McMurry  
Clinic 123 Medical Drive  
Guthrie, OK 73942

**We are Currently  
Accepting  
Applications For  
These Positions:  
Director Of Nursing,  
7am-3pm Certified  
Nurse Assistant,  
7 A-3p Certified  
Medical Assistant,  
7 A-3p Licensed  
Practical Nurse,  
3pm-11pm Overnight  
Nurse, Licensed  
Practical Nurse,  
Sunday-thursday  
Prn Staff Part Time  
Certified Nurse  
Assistant, Saturday  
and Sunday**  
University Village Retirement  
Center 8555 S. Lewis, Tulsa,  
OK 74137. Equal  
Opportunity Employer

**WE ARE SEEKING  
CHHA, CERTIFIED  
NURSE  
ASSISTANT,  
PERSONAL CARE  
ATTENDANTS**  
Excell Private Care Services  
is seeking CHHA, CNA,  
personal care attendants in  
your area and surrounding  
towns to assistant clients/  
members at their place of  
residence. Call  
580-357-3469. 1511 W Gore  
Blvd, Lawton, OK 73507

**Dietary Cook**  
Higher Call Nursing Center.  
Apply in person:  
407 Whitebird, Guapaw, OK  
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# Nurse Exemplars to be Recognized at Deaconess

Every year at Deaconess, nurses are selected by their peers for the Nurse Exemplar Program. These nurses are viewed as top performers in the profession of nursing. In order to qualify for a nurse exemplar, the nurses are nominated based on strict criteria. The criteria for nomination includes leadership, role model, compassionate caregiver, community service, and significant contributions to the profession of nursing. All of the nurses at Deaconess work as an excellent nursing team and to be recognized at the top is a prestigious honor. The nurse exemplars are recognized throughout Deaconess in the months of April and May. During Hospital Week the nurse exemplars are additionally recognized at the annual service awards banquet. The Deaconess Nurse of the Year is selected from the exemplars. This top honor receives additional recognition and awards. The Nurse of the Year will be revealed on May 13, 2015 in the Deaconess Legacy Conference Room at 6:00 p.m.-8:00 p.m.

There are several benefits that will be given to the winner at the ceremony and throughout the year. "We have a nomination committee that reviews all the candidates and then selects the top performing nurses that have been nominated in all of the required categories. The nurse exemplars truly reflect the criteria for nursing excellence," commented Jayne Thomas, Chief Nursing Officer. The following nurses were recognized for excellence in patient care and significant contributions to the profession of Nursing.

Holly Duke, RN (surgery) Holly is very knowledgeable, compassionate and has been at Deaconess over 25 years.

Stephen Pang, RN (Med-Surgery, Oncology) Working at



**Excellence in Nursing (L-R) Tony Sword, RN, Rachel Rajan, RN, Carolyn Calloway, RN, Brandy Simpson, RN, Holly Duke, RN, Ken Hill, RN**

Deaconess for 22 years, Stephen is never too busy to help his coworkers. He is respected by his peers and loved by his patients. (NP)

Brandy Simpson, RN (Birth Center) As an excellent educator, Brandy is always encouraging with a positive attitude. Brandy always shows the utmost respect and compassion to others.

Tony Sword, RN (Emergency Department) With a positive attitude, he treats his colleagues with courtesy and respect. Tony is a team manager with excellent leadership abilities and has worked in the ER for 9 years.

Megan Bainter, RN (Birth Center) Megan is an excellent charge nurse who delegates appropriately. She keeps the patients updated on the plan of care. (NP)

Ken Hill, RN (Emergency Department) Addresses the patients fears and concerns with his passion and professionalism. Ken also enjoys photography and has taken some award winning photos.

Rachel Rajan, RN (Emergency Department) Working as a nurse for 22 years, Rachel is a role model for hard work and is meticulous to the last detail. Rachel is a team player and always puts her patients first.

Carolyn Calloway, RN (Birth Center) Working in the Birth Center for 22 years, Carolyn is a gifted educator with an exceptional ability to communicate with physicians. Her care greatly impacts patients.

"I can't speak highly enough of this exceptional group of nurses and I am very proud of the Deaconess family to be able to recognize the excellence of this nursing team," Jayne Thomas proudly stated.



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\*(Branch of Platt College Tulsa, OK Campus) Not all programs are available at all campuses. Licensed by: OBPVs. Important information about the educational debt, earnings, and completion rates of students who attended the programs at Platt College, visit <http://www.plattcolleges.edu/content/program-disclosures>

## Something to talk about Platt College gives students something to talk about

For Platt College PN Director of Nursing Gay Pearce, BS, RN, there's no better advertising her school can receive than word of mouth.

"A lot of our students have indicated they worked with former graduates of ours and those grads have made recommendations for them to come to our program," Pearce said. "Some like the delivery of the format we do with our program and some have been in facilities with our students."

"Word of mouth is the best thing."

In a sea of medical education options, Platt College stands out quite simply for the results it delivers.

Platt College was founded in 1979, and since then has provided thousands of Oklahomans with the career skills they need to be qualified for new careers in an ever-changing labor market.

Throughout its history, Platt's focus has remained on providing relevant career training in Oklahoma in a variety of fields, including healthcare and wellness, the culinary arts, and nursing, that meets the needs of an ever-changing job market and its employers.

Platt offers programs and courses designed to help you become a Licensed Practical Nurse, transition to a Registered Nurse, or even advance your Associate's degree in Nursing (Registered Nurse) to complete and earn a Bachelor of Science in Nursing degree.

The Practical Nursing programs are designed to get you into a nursing career much sooner than most educational routes traditional programs take to enter a medical field.

With this focused program, you will enhance your theoretical knowledge with hands-on training led by experienced faculty.

Upon completion of any of Platt's Practical Nursing programs, you will be eligible to sit for the NCLEX exam and work in settings such as private medical and nursing care facilities, home health care organizations, public hospitals, and more.

"The faculty members are involved with the students," Pearce said. "I have an outstanding faculty and they prepare those students very well for boards. They assist them tremendously through their journey."

Platt - which has campuses in Lawton, Oklahoma City and Tulsa - is currently enrolling for its day program, which begins in July. A third start date is in November. Qualifying students can receive financial aid, grants, scholarships as well as loans.

As of May 1, Pearce said 100 percent of Platt graduates have passed their boards this year.

And that may be the best word of mouth any nursing school could ever receive.



Platt College PN Director of Nursing  
Gay Pearce, BS, RN.

"Nurses dispense comfort, compassion, and caring without even a prescription." - Val Saintsbury

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# Heartland CPR comes to nurses' rescue

**A business that started in Ginger and Brian Davis' home in 2003 focused on life-saving education has grown into a lifesaver for nurses and their careers.**

A business that started in Ginger and Brian Davis' home in 2003 focused on life-saving education has grown into a lifesaver for nurses and their careers.

Quite simply, when it comes to renewing a CPR certification, Ginger and Brian Davis are a nurse's best friend.

Maybe it's because of Brian's down-to-earth approach that takes the fear out of advanced training courses like ACLS and PALS. Or maybe it's the way Ginger follows up to remind nurses their certification is due and designs classes around their busy schedule.

Whatever the reason, the Davises have built Heartland CPR into a successful business that revolves around providing life-saving skills in a fun, friendly environment.

Heartland CPR offers courses in CPR, AED, First Aid, Basic Life Support (BLS) for Healthcare Providers, Advanced Cardiovascular Life Support (ACLS), Pediatric Advanced Life Support (PALS) as well as the addition of Pet First Aid + CPR last year.

Flexibility and customer service drive Heartland.

Ginger coordinates with individual travel nurses and travel nursing agencies who appreciate that Heartland provides training in multiple disciplines in a single weekend, and even have arranged with a nearby luxury hotel which offers discount accommodations to out-of-town overnight customers.

"If you look at our schedule you'll see lots of BLS classes near the end of the month for those who wake up and say 'Holy cow, I don't get to work tomorrow,'" Ginger says with a laugh.

Heartland earned a 2014 Torch Award from the Better Business Bureau for trust, integrity and performance in its business practices.

"It was something that was badly needed in this field and I had the background in business and organization and scheduling," Ginger said, unfolding the story of how Heartland CPR was born in 2003. "You've got a lot of people in this business that are either a great teacher or a great organizer but nobody really brings the two together."

Brian's informative yet fun approach to training makes the difference. Now an EMS Chief for Edmond Fire, he continues to make sure Heartland's instructors are engaging when they teach how to save a life.

New instructors are very carefully selected based on much more than just knowledge of the subject material and then spend a good while in training as they learn the rest of the formula responsible for Heartland's growth and success.

At any one time Heartland utilizes eight instructors who will travel to meet students' needs. The company has experienced tremendous growth, moving to an office space in 2011 and then to a larger space last December.

The new offices feature a wealth of medical memorabilia, ranging from an 1880s mortuary table to a wound irrigator circa World War I.

"It shows how things have changed through the years," Ginger says.

But one thing the Davises don't plan to change is offering the right courses at the right times to keep nurses doing the work they love.



Ginger Davis and husband Brian are a nurses' best friend.

## Heartland CPR's STAT Program

**"Get all your AHA training in a weekend!"**

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E-mail: [contact@HeartlandCPR.com](mailto:contact@HeartlandCPR.com)**



**[www.HeartlandCPR.com](http://www.HeartlandCPR.com)**





# Green and Gold grad goes far



photo by Jamie Bankston, MS RN

When Elizabeth Leeper, BSN, RN, CNOR stepped into the Morton H. Meyerson Symphony in April to accept her award as one of the 100 greatest nurses in the Dallas-Fort Worth area she did so dressed in turquoise and white.

But truth be told her stellar nursing career began 20 years ago while wearing Oklahoma Baptist University College of Nursing's signature green and gold.

"It is a huge honor," Leeper said of the award and of having graduated from Oklahoma Baptist University.

Leeper and the rest of the DFW Great 100 Nurses were selected in the blind by a panel of nursing professionals from hundreds of nominations.

The nurses recognized came from all practice areas in nursing including acute care, sub-acute care, school nursing, nurse leaders, academics and many more.

The DFW Great Nurses recognition is a once in a lifetime honor a nurse can receive.

Leeper has spent 19 years at Cook Children's Hospital, but she didn't see it coming 20 years ago.

"When I was in nursing school at OBU pediatrics was my first rotation and I didn't like it," she said. "I said I would never go into pediatrics."

Two decades later, the nurse manager is leading Cook Children's hospital through its fourth expansion.

"I absolutely love being a surgical nurse," she said. "It's never anything more than one-on-one nursing."

Even after so many years, Leeper is still in awe of what she does. And she understands the gravity of her situation and those she cares for.

"I've never lost sight that it's a privilege to know a mom is trusting me with her most precious possession," she said. "We as perioperative nurses are indeed that last stop. If something gets by us no one else will catch it."

And it all started for Leeper at the Christian liberal arts university in Shawnee.

Looking back, OBU has given Leeper so much. It's where she earned her nursing degree and found her husband, David, an OBU business grad.

"When I was looking for nursing schools I looked at the University of Oklahoma, Texas Christian and Baylor," Leeper conceded.

"Those were so big. I grew up in Stroud. OBU appealed to me because it was a small school. When I started asking around and did my research I found it was also one of the best nursing schools anywhere."

Leeper benefited from the smaller campus and the smaller class sizes.

"That was huge," she said. "It was never a problem even if I needed to go to the dean and ask something. It wasn't a big deal as opposed to the bigger universities where you're lucky if your advisor even knows your name."

And it's why she's re-enrolled,

this time pursuing a master's degree in Global Nursing. With two kids, a full-time career and a marriage, Leeper says the online format will allow her to finish her degree this December.

"I love the fact that even though I live in Fort Worth I can have an OBU graduate degree," she said.

Leeper expects her Global Nursing degree to shrink her world. She already volunteers as a surgical nurse on mission trips to Colombia and Thailand. Her team will be in India in October.

She wouldn't mind if the mission trips continued to grow.

Oklahoma Baptist University's graduate nursing education offerings have continued to grow.

Building on a professional nursing education at the undergraduate level, the mission of the nursing graduate program at Oklahoma Baptist University is to prepare advanced nurses for delivery of health care with diverse populations and leadership roles in rapidly changing health care systems.

This is accomplished through the integration of advanced professional knowledge and Judeo-Christian beliefs.

OBU began offering online MSN

courses in the Fall of 2014.

Students can now complete their coursework from the comfort of their own home or anywhere else they needed to be.

In a classroom setting, an MSN in Nursing Education can be obtained in only 18 months.

At Oklahoma Baptist University's Graduate School, students in the Master of Science in Nursing degree program learn nursing education principles and skills in an exciting, contemporary environment.

An MSN in Global Nursing is also offered.

This degree track is designed for individuals who wish to step into leadership positions in international health organizations or cross-cultural health care settings within the United States.

Graduates will gain the expertise and experience needed to help develop and guide health care systems within cross-cultural populations.

OBU also offers an RN-MSN degree track designed for associate degree or diploma licensed registered nurses who would like to advance their education.

The online format is designed to allow working individuals to pursue their education while continuing to work.

It works for Leeper, who will never forget that her career started while wearing gold and green.



# Oklahoma Heart Hospital rated as the #1 Hospital in the nation in patient satisfaction

Oklahoma Heart Hospital (OHH) is Oklahoma's first dedicated heart hospital, and the first all-digital hospital in the nation. They emphasize compassionate care, streamlined services and the latest technology. Their mission is to bring the greatest care possible to Oklahoma.

Opening in August of 2002, the North Campus on Memorial Road covers 204,000 square feet with four open-heart/peripheral vascular surgical suites, five cardiac and peripheral vascular catheterization labs, two electrophysiology labs, one state-of-the-art hybrid room which functions as both a surgical suite and cath lab, and a full-service emergency room. OHH North has 99 private patient

rooms equipped with critical care technology in comfortable and peaceful surroundings.

At OHH, patient care is at the heart of everything they do. The hospital was designed by cardiologists to ensure the patients receive expert individualized care with the utmost comfort. OHH focuses on treating and preventing the diseases of the heart and lungs. The nurses are committed to their patients, which is why they have a 1:1 nurse-to-patient ratio in their Critical Care Unit and a 1:4 ratio on their general care floors. OHH has ranked in the top 1 percent nationally for patient satisfaction since 2003.

The Oklahoma Heart Hospital Physicians group is one of the nation's largest groups of cardiovascular specialists. With

more than 70 specialists physicians, the physicians treat heart, vascular, lung and pain management conditions that require a specialist's training and expertise.

OHH opened a state-of-the-art outpatient Cardiovascular Rehabilitation center in the fall of 2014. They can be proud of being one of four centers in the United States that offers the Pritikin Intensive Cardiac Rehab program. Here, the patients will learn skills that will focus on a healthy lifestyle. Participants learn how to eat well, exercise, feel better and live a healthier life.

Among the many things OHH is known for is patient satisfaction being #1, often receiving national recognition. For the last 9 years, OHH has received the Press

Ganey Guardian of Excellence Award. This award recognizes top-performing facilities that consistently rank high in the performance of patient satisfaction in the health care industry. Oklahoma Heart Hospital is in the top 1 percent in the USA. They are deeply committed to providing nursing care of the highest quality.

While OHH serves many people in the state of Oklahoma, they strive to and often succeed in leading quality metrics not only in Oklahoma, but also nationally.

"It is amazing how important the little details are in caring for those in need. The smallest kindness and convenience can really matter a lot." Peggy Tipton, COO, CNO, Oklahoma Heart Hospital North Campus.

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Salute  to Nurses

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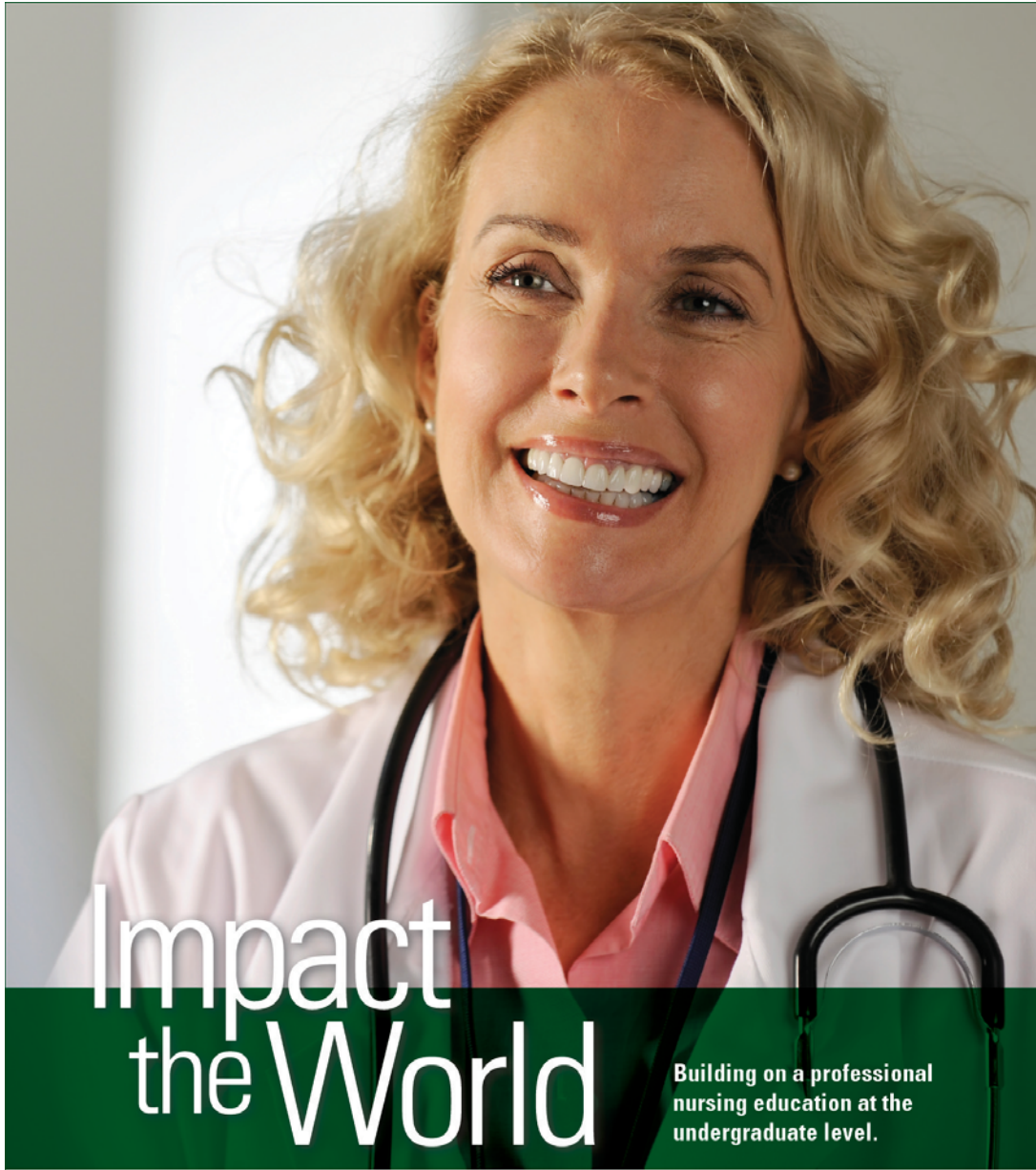
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The mission of the nursing graduate program at Oklahoma Baptist University is to prepare advanced nurses for delivery of health care with diverse populations and leadership roles in rapidly changing health care systems. This is accomplished through the integration of advanced professional knowledge and Judeo-Christian beliefs.

## Online Graduate Programs

**RN to MSN**

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Visit our website for our admission requirements, application, and additional information – **okbu.edu/graduate/msn**.





## Teen Recovery Solutions Wins Youth Services ONE Award Recovery High School Selected for Oklahoma's Highest Nonprofit Honor

Teen Recovery Solutions (TRS), a nonprofit recovery high school, was honored Saturday evening as winner in the youth services category for the Oklahoma Nonprofit Excellence (ONE) Awards. Honorees do not apply for this award, but are hand-selected by a committee of individuals throughout Oklahoma representing a wide variety of backgrounds and interests. The event took place at Southern Hill Country Club in Tulsa, and TRS was recognized along with 24 other elite finalists from all over the state. TRS was rewarded for this win with a \$7,500 gift.

Providing the only recovery high school in Oklahoma, TRS is dedicated to empowering teens to complete their high school graduation requirements while developing a healthy lifestyle of recovery. TRS' integrated program offers a unique combination of academic, social, counseling and family support. The school depends largely



Janet Oden, Executive Director, and Maggie Brown, Development Director.

on the support of the community. "We are thrilled and grateful to

have been selected," said Janet Oden, Executive Director. "There are so many nonprofits doing great things for our communities, so to be considered for this award is an honor!"

### About Teen Recovery Solutions

Teen Recovery Solutions (TRS) is the only recovery high school in Oklahoma. Supporting both the teen and their family, TRS offers evening

and weekend peer support groups, individual and family counseling, and quarterly recovery retreats. Teens that otherwise would have dropped out of school or lost their lives to addiction are gaining an education and hope for the future. More information can be found at [www.TeenRecoverySolutions.org](http://www.TeenRecoverySolutions.org).

## LATE

Continued from Page 4

and allow yourself some "peaceful wind-down time." You don't need it? You don't have time? Well, that's exactly what I thought and the reason I'm sharing my experience with you. Make the time for yourself. You are important.

I challenge you to block out just 15 minutes each night just before bedtime for one week. Go to a quiet spot and completely disconnect from any other noises or distractions (put down your phone). Turn on your choice of tranquil music or sounds, close your eyes, take a deep breath and just relax all your muscles. Consciously block out all thoughts and concentrate only on the sounds you hear. Don't forget

to set your alarm you might just fall asleep!

Here are a few links:

**Bedtime Baby Lullaby Classical Music Mozart Bach Beethoven Pachelbel:**

[www.youtube.com/watch?v=4qgVh76TEBk](http://www.youtube.com/watch?v=4qgVh76TEBk)

**Relaxing Music, Meditation Music, Sleeping Music:**

[www.youtube.com/watch?v=f3KT0eS9jc0](http://www.youtube.com/watch?v=f3KT0eS9jc0)

**Relaxing Music with Water Sounds Meditation:**

[www.youtube.com/watch?v=luRkeDCoxZ4](http://www.youtube.com/watch?v=luRkeDCoxZ4)

Tina Gable, MSN, RN lives in Moore and works at OFMQ (Oklahoma Foundation for Medical Quality). She received her Masters in Education at OCU in 2011 and has a strong background in Pediatrics and Cardiology. Tina Gable has also worked at OU Medical Center and Integris SW.

## Salute to Nurses



In celebration of National Nurses Week, Oklahoma's Nursing Times honors the remarkable women and men who have dedicated their professional lives to the teamwork necessary in providing health and wellness to our patients.

*Thanks for everything you do!*

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I began my second life on Mother's Day, 1997. I began to feel extreme fatigue in the spring of 1996 and by the following spring, my exhaustion was constant. My family and I were stunned when lab results showed that 90% of my liver function was gone, and that if I was to live, I would need a liver transplant. They gave me three months to live. My family was faced with dealing with my possible death and raising money for the surgery, because we had no insurance. I was in ICU at INTEGRIS Baptist Medical Center on the Saturday before Mother's Day, and our prayers were answered when I received a new liver the next day. My donor was a middle-aged man who died very suddenly. What he and his family did was a sacred, selfless act. There's no way to say thank you for that.

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family.

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# Public Health Nurses Week Celebrates Quality Care and Ethics National Nurses Week is May 6-12.

During National Nurses Week May 6-12, the Oklahoma State Department of Health (OSDH) will recognize the approximately 500 public health nurses who work in county health departments and at the OSDH central office in Oklahoma City. .

Unlike other nursing specialties, public health nursing works to improve the health outcomes of entire populations rather than just one patient at a time. In many communities, public health nurses are often the first line of defense to prevent illness and injury. Public health nurses are also leaders in improving the quality of care and access to care through health policy advocacy that supports improving the quality of life for all.

This year's theme for National Nurses Week is "Ethical Practice. Quality Care." The theme is an important part of the American Nurses Association's 2015 Year of Ethics outreach to promote and advocate for the rights, health and safety of nurses and patients.

"This certainly holds true for many of our nurses who serve as health leaders in communities throughout the state," said Tina Johnson, director of the OSDH Nursing Service. "We want Oklahomans to appreciate the full range of public health nurses' contributions to their communities."

Johnson noted that public health nurses lead initiatives to increase

access to care and improve outcomes by focusing on primary care, prevention, wellness, chronic disease management and the coordination of care among health care providers and settings. These nurses are even more crucial in helping plan how to expand primary care at community-based clinics in the most efficient and cost-effective ways possible, while recognizing the distinct needs of diverse communities.

"From the beginning of public health's collaboration with emergency preparedness agencies, our nurses have been critical in responding to public health crisis events that occur in Oklahoma," Johnson said.

For the past 13 years, the public has ranked nursing as the top profession for honesty and ethics in an annual Gallup survey. Johnson said she is not surprised that the public holds nurses in high regard and trusts them to advocate for patients.

"We would like to encourage students to enter the nursing field, which is projected to be one of the fastest growing occupations," said Johnson. "The demand for nursing care will grow rapidly as baby boomers enroll in Medicare and help implement changes due to health care reform. Public health nurses are in great demand and we certainly hope more nurses join in efforts of improving population-based health initiatives."



**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](mailto:news@okcnursingtimes.com)*

***Why isn't it enough if I just get sober? Now one of my buddies asked me to go to a CoDA meeting with him. He says it will make me a different person. Is that really true?***

Yes it really can be true if you desire to work the program and make it meaningful for you. You can't do it for your buddy.

The benefit of adding Codependency recovery to your sobriety is more of a complete transformation. Becoming sober is definitely a good change for your mind, body and enjoyment of life but you need more. Stopping at that point leaves you sober but still engaging in self defeating behaviors.

Alcoholics might stop drinking but start smoking or eating excessively or spending too much time and money gambling. The issues that created the addictive behaviors are usually still the same. So I stop drinking, now what am I going to do? Go to meetings, yes a very good choice. But what about growing as a person, gaining insight and wisdom into your destructive and dysfunctional behaviors? They probably won't go away just because you quit drinking.

Codependency explores childhood belief systems that became your adult belief systems. Do they still work or have you ever really thought about them? What role did you play in your family of origin? Chances are that is the role you are still playing. Does it work for you?

Did you know that you can write new belief systems for yourself and you can play a different role? If you were the quiet child who did not cause any trouble because your big brother caused so much chaos for the family; how is it working for you today to stay quiet and not speak up?

Are you repeating the same dysfunctional dynamics of your childhood? Did you watch your father come home after a night of drinking and slap your mother and pick a fight with your brother and destroy property? Did you tell yourself you would never marry a man like your father? But you did. Have you ever wondered why?

Have you noticed that you need people to like you so much that you give up sleep, delay eating until you are starving, quit exercising to help others and you can't remember when you did something fun for yourself?

Being codependent to the point of losing yourself is dangerous and sad. No wonder we drink, drug and totally throw moderation to the wind.

So I suggest you go to the CoDA meeting, what do you have to lose?

## ***Nurse's Week Pet Adoption Event Scheduled***

INTEGRIS Health Edmond is hosting a special pet adoption event on Saturday, May 9 from noon to 2 p.m. The hospital is located at 4833 INTEGRIS Parkway in Edmond. The event is part of National Nurse Appreciation Week.

Nurses spend their days and nights caring for others. This is their opportunity to find a pet who will watch out for them and provide unconditional love for years to come. The event is open to the public as well.





# NURSE + TALK

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

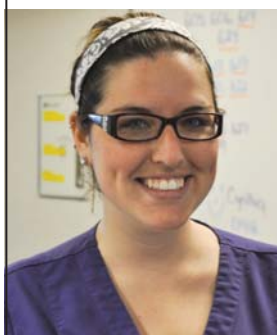
*What's the best decision you ever made? Integris Southwest Medical Center - 6th Floor*

To become a nurse.



Sarah Morris, RN

Going to nursing school at OSU-OKC.



Kasey Frazier, RN

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

Email:  
news@okcnursingtimes.com  
or mail to Oklahoma's Nursing  
Times P.O. Box 239  
Mustang, Ok. 73064

Probably going to college to get higher education.



Megan Guarnera, RN

Not to drop out of nursing school. It was real iffy there for awhile.



Lorna B Caraway, RN



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- » **MSN, Nursing Education Track:** Prepares nursing educators for the classroom environment.
- » **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 —**  
**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!

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