

Oklahoma's NURSING TIMES

October 23, 2017
Vol. 18 Issue 43

Information for the Oklahoma Nursing & Health Care Professional
Published Weekly. Locally Owned and Operated by Metro Publishing L.L.C.

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Diversity in the Heartland



Oklahoma City Community College nursing student Erica Jaramillo says this week's Oklahoma Nursing Student Association convention will provide future RNs opportunities to get a jump on their careers.

Student nurses set to meet

by Bobby Anderson, Staff Writer

Diversity in the Heartland is the theme for this year's Oklahoma Nursing Student Association convention to be held this Friday, Oct. 27 in Norman.

The event will be held at the Marriott Conference Center and Hotel at the NCED, 2801 E. State Hwy 9 in Norman from 7 a.m. to 5

See COVENTION Page 3

ANA president highlights convention

story and photo by Bobby Anderson, Staff Writer

Addressing Oklahoma's nurses, American Nurses Association President Pam Cipriano stressed the importance of the profession's collective voice during last week's Oklahoma Nurses Association annual convention in Norman.

"Clearly this is an unprecedented time of potential change," the former ICU nurse said. "My sense is even if you don't read lots of newspapers or aren't glued to the news stations on TV you know this year has had item after item in our Congress to take action and do something about our health care system."

The ANA president addressed more than 100 nurses on the second day of the convention covering issues from health care reform to the state of Oklahoma's health as well as the ongoing struggle for full practice authority for the state's advanced practice nurses.

WASHINGTON DRAMA

"We have been very disappointed in several actions that have been taken by the Trump administration," Cipriano said.

Cipriano noted the administration slashed the advertising budget for Affordable Care Act enrollment advertising by 90 percent in August.

Last month Kaiser Health News reported Healthcare.gov, the website for consumers to enroll in the marketplace, would be brought down for scheduled maintenance for 12 hours each Sunday during the enrollment period except for one Sunday.

The enrollment period was also decreased by 45 days.

And this month the administration announced it would move to halt premium subsidies.

"Sundays are historically the highest volume (for enrollment)," Cipriano said. "None of these things are illegal but they are backdoor ways of weakening the way the ACA works. This should not be political football."

"One thing we should realize with these partisan battles - without exception - the entire health profession community has been unified in saying the proposals that have come forward are not the solution to improving health care in our country."

Cipriano stressed much more work is to be done and nurses should make their voices heard during the process.

And the ACA did give more people access to health care.

See ONA Page 2

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Diversity in the Heartland

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WWW.OKNSA.NET

Oklahoma Nursing Student Association

@oknursing

OKNSA

ONA

Continued from Page 1

"The ACA did allow more than 24 million people to gain insurance," Cipriano said. "The major failing was

the Federal Trade Commission versus the North Carolina Board of Dental Examiners in a case that pitted dentists and oral hygienists against one another."

Hygienists sued dentists claiming



ONA Executive Director Jane Nelson (left) and ANA President Pam Cipriano urge nurses to use their collective voices to advance health care.

underestimating the reaction of the American people as to who would and would not sign up for health insurance. The younger, healthier Americans kind of balked.

"The insurance markets are really the factor that is tipping the seesaw as to whether our current health care laws work or don't work."

Oklahoma Nurses Association Executive Director Jane Nelson applauded Cipriano's message and stressed the importance of Oklahoma nurses being an active part in the legislative process.

Nelson urged nurses to make sure their voices are heard during the process of health care reform.

FIGHT FOR FULL PRACTICE

Cipriano noted full practice authority exists for advanced practice nurses in 22 states as well as the District of Columbia.

"There is more work to be done and it's very unfortunate one person can be in a position to block some very, very important legislation," she said. "Most importantly, we know the public is very confused."

Cipriano did point to a March 2015 Supreme Court ruling that may later come into play in the fight for full practice authority.

The court ruled in favor of

that being able to perform teeth whitening services was in their scope of practice. The highest court in the land agreed that limiting the hygienists was an unfair restraint of trade.

"This is a case we believe will have standing in terms of future challenges to practice," Cipriano noted.

AMPLIFYING NURSING'S VOICE

When Cipriano took over the ANA in 2014 one of her top priorities was to raise the collective voice of nurses in America.

"I wanted to raise the visibility of nursing so nurses were top of the line when health care issues came forward," Cipriano said. "People ought to be thinking 'I ought to talk to a nurse about this issue. I need to talk to people who really deliver health care about this.'"

The ANA has launched a mobile advocacy program where you can text SAFER to 52886 to receive alerts. There are also links to text or call representatives to weigh in on important issues.

In Oklahoma, Cipriano noted that 70 of Oklahoma's 77 counties still carry a designation of medically underserved areas of population.

"You are always running the treadmill trying to keep up," she said.

CONVENTION

Continued from Page 1

p.m.

"We're kind of trying to focus on diversity and highlight the fact nursing is such a diverse field - men and women of all ages," said Erica Jaramillo, breakthrough to nursing director for the ONSA. "For some people it's their first career, for others it's their second or third career."

Speakers from a wide variety of specialties will be on hand to share their nursing careers and offer helpful insight for those looking to get a headstart on their own career.

Vendors will also be onsite during the all-day event.

"Nursing is a vast occupation and there are a bunch of different ways you can go into it starting from the beginning of life to the end of life," Jaramillo said. "Basically, my job is to get people to come into the field of nursing."

Jaramillo has worked at St. Anthony Hospital for the past five years. She began as a unit secretary and trained as a nursing assistant on the hospital's medical-surgical floor.

She's now in her second semester of Oklahoma City Community College's traditional nursing program.

She said the ONSA is very active in introducing students from high school to college to the varied field of nursing.

Most recently, volunteers from OCCC, OSU-OKC and the University of Central Oklahoma nursing programs volunteered their time along with three nurses from St. Anthony in hosting a high school day.

"We showed them what you would do as a nurse," Jaramillo said. "They got to see there are a bunch of different fields you can go into within nursing. We also ran a mock code with a dummy set up and they ran through a code just like you would in a normal situation."

The annual convention provides an opportunity for student nurses to come together and learn more about opportunities that exist around them in health care.

"Recruiters from all the different hospitals in Oklahoma City and Tulsa and all over Oklahoma are coming to try to get people who are fourth semester students," Jaramillo said. "I've talked to some people who've had mini interviews on the spot right there."

Nursing students preparing for Registered Nurse licensure or RN to BSN completion programs are invited to join ONSA and attend the convention.

By joining ONSA you are also becoming a member of the National Student Nurse Association.

Jaramillo said the association will elect new officers during the convention.

The Board of Directors is the policy-making body of the Oklahoma Nursing Student Association between meetings of the House of Delegates held annually. Each board member has responsibilities in various program areas of the association and must also function as part of the organizational board of directors, sharing equally in the fiscal and decision-making responsibilities.

Each board member is expected to serve the association as a whole and to represent the needs of all members.

There are twelve members of the Board of Directors: President, 1st Vice President, 2nd Vice President, Secretary,

Treasurer, Membership Director, Newsletter Editor, Legislative Director, Breakthrough Director, Community Projects Director, Public Relations Director, and Marketing Director.

Calls for nominations will held for positions and voting will be held immediately following.

The term of office shall be for one year from the adjournment of the annual meeting at which these officers are elected until the adjournment of the annual meeting at which successors are elected.

A plurality vote shall decide elections in the event of three or more candidates vying for the same position. A tie shall be decided first by a revote, and, if necessary, then by casting lots.

For more information regarding the ONSA convention you can visit the group's website at oknsa.net.

Save the date: November 6th Grand Opening

Meinders Nursing Simulation Center at the Kramer School of Nursing

Noon Luncheon 1:30 p.m. Open House and Tours

A formal invitation will follow soon, including all event details and RSVP information. For more information about the Kramer School of Nursing, please visit www.okcu.edu/nursing

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Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at www.LifeShareRegistry.org. You may also call 800-826-LIFE (5433) and request a donor registration card.

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Chantel



CAREERS IN NURSING

PARENTS' FORESIGHT TRANSLATES INTO CAREER OF SERVICE, JOY

by Traci Chapman - staff writer/photographer

Lara Limke has her parents to thank for her nursing career, and it's something she said she does every day.

"My parents pushed me to put nursing as my major," Limke said. "To be honest, the last career I ever envisioned for myself was anything to do with healthcare - I did not handle blood well, and I had a very sensitive stomach."

A 2001 Mustang High School graduate, Limke said she decided to go along with her parents' advice as she entered Oklahoma City University. She listed her major as nursing, fully intending to change that major when she knew what she really wanted to do.

She never changed it.

"When it came time to start taking nursing classes I decided I would try one, and then I decided to try one more - I fell in love with nursing," Limke said.

It was that love that kept the young student going - the

once reluctant would-be nurse now couldn't picture herself in any other field. Working throughout her four years of college instilled her decision this was what she was meant to do even more.

"Throughout nursing school, I worked as a nurse partner in labor and delivery and a high-risk women's clinic," Limke said. "I really enjoyed L&D, but I really enjoyed my ICU clinical."

Her indecision between the two specialties meant Limke decided to hedge her bets, applying for both labor and delivery positions, as well as jobs in ICU. After graduating in May 2005 with her BSN, she became an RN in the cardio-thoracic/neuro/surgery ICU at OU Medical Center. During her three-year tenure there, Limke said yet another possibility presented itself.

"Around 2007, several of my ICU friends started talking about CRNA (Certified Registered Nurse Anesthetists) school," she said. "I

really did not understand what a CRNA did, but I worked per diem as a PACU nurse at a surgery center that used CRNAs, so I asked to follow one - I was hooked."

There was only one roadblock - no Oklahoma schools offered a CRNA program. So, Limke did the only thing she could to follow her dream - she and her husband packed up and moved to Panama City, Florida, so she could attend the Gooding Institute of Nurse Anesthesia.

Now a Florida State University satellite program, Gooding officials say its average student population hovers around 35 to 40 students, taught by a 24-member faculty team. Those taking part in the CRNA program many times are older students, averaging 34 years of age, and it's a tough way to go - the Institute accepts only about 14-15 percent of the applicants applying to be a part of it.

Limke made that cut.

"School was intense, but it was definitely doable," Limke said. "We had no kids when we decided to move to Florida, but we had a surprise while we were there and had a son."

After her December 2010 graduation from Gooding, Limke - with her Masters in Nursing in Nurse Anesthesia in hand - returned to Oklahoma with her family. She worked as a CRNA for almost six years at University of Oklahoma-HSC, in November 2016 joining Integris Canadian Valley Regional Hospital in Yukon.

"I enjoyed my job at OU-HSC and am thankful for all my experiences there, but I was excited to be closer to home and in a smaller environment," she said.

That smaller environment is a five-operating room hospital, with one of those designated to obstetrics; there are 10 OB labor suites with

Continued on next page



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CRNA Lara Limke is shown in one of Integris Canadian Valley Hospital's five operating room, with the anesthesia equipment she uses daily.

two triage rooms and an endoscopy suite Limke and her four fellow Canadian Valley CRNAs cover.

The position - like becoming a CRNA itself - allowed Limke autonomy she hadn't experienced in previous nursing specialties, in the process allowing her to become more fully immersed in patient care and interaction, she said.

"Surgery, no matter how minor or major, is a stressful experience - in preop, it is my job to evaluate the health of a patient, order any testing needed and determine the anesthetic plan safest for the patient," Limke said. "I enjoy the critical thinking that is involved with anesthesia; prevention and early detection of potential issues is key to the safety of anesthesia and requires constant vigilance."

A job that can be seen as boring by some is anything but, Limke said. CRNAs have a great deal of responsibility both before and after a patient undergoes anesthesia. After pre-procedure meetings, it is critical the CRNA be constantly on the

lookout for any slight fluctuation that could impact the patient, while monitoring not only the anesthesia administered, but also things like blood administration and fluid management - as well as ensuring a comfortable transition as they wake up, she said.

"I enjoy talking with patients pre-operatively and answering their questions about their anesthesia," she said. "Giving patients information about what to expect and taking the time to answer questions is very important to help alleviate fears that they may have."

Being a CRNA at Canadian Valley specifically has offered her benefits she said, as the former Mustang student - and now resident - has the opportunity to take care of people in her own community. But, it is in care and interaction with each patient she finds the most inspiration, Limke said.

"One of the most rewarding responsibilities that I have as a CRNA is to provide analgesia in

the form of epidurals for women in labor," she said. "It is so rewarding to walk into a room where a woman is enduring one of the most painful things a person can experience and then a few minutes later leave with them laughing and possibly being able to rest before they welcome a new baby into the world."

Her success in her career is due to her work ethic, dedication and skill, those who know her well say, but for Limke it all comes back to her parents' foresight as she entered

college more than 16 years ago, she said.

"I think back to when my parents 'encouraged' me to put nursing as my major, and I thank God for their guidance," Limke said. "I cannot imagine doing anything else."

"I am not going to say that being a CRNA is easy or stress-free, but it is worth it - I feel very blessed to have had the opportunities and support that I have had through all of the different areas of nursing that I have experienced," she said.

Special Event: December 1st

LET THE HEALING BEGIN WHEN CAREGIVING HURTS

This event will be held at the OU Schusterman Center, Learning Library 4502 E. 41st Street, Tulsa, OK 74135 December 1st, 2017 9:00 a.m. to 4:00 p.m. (Check in/registration will start at 7:30 a.m. **Session Topics:** Violence in the workplace, Preventing Injuries at Work, Humor Amongst Healthcare, The Grieving Professional and Drug Use/Abuse Pre-registration \$120 until November 24th, after that date \$150 Lunch & CEU's included Register at www.ohai.org. For more information call 1-888-616-8161.

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We are seeking a full-time Licensed Practical Nurse

Norman Pediatric Associates is seeking a full-time LPN for our clinic. This day time position is M-F with one weekend clinic coverage a month from 9am-1pm. Nurse would be taking vitals on pediatric patients, performing strep tests, flu tests, infant catheterization, urine dipsticks, administering medication and vaccines, & assisting the provider with procedures. Benefits include: health, dental, vision, and life insurance, short and long term disability insurance, AFLAC, & 401K/profit sharing plan. 808 Wall Street, Norman, OK

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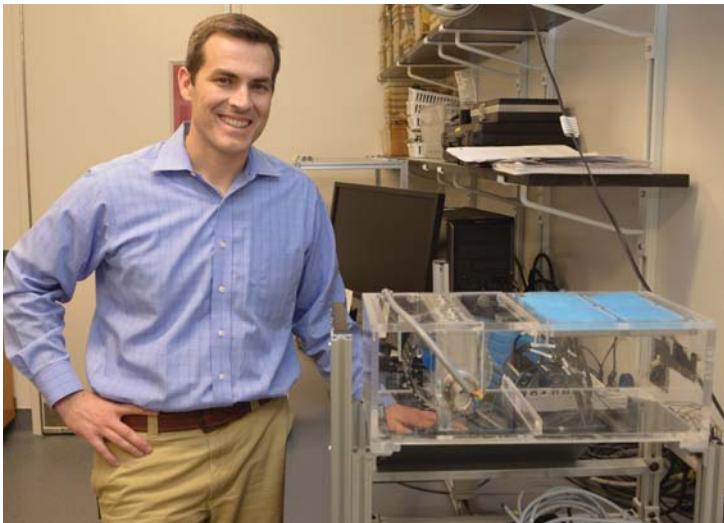
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Oklahoma's **NURSING TIMES**

OMRF research shows how exercise can benefit cartilage



Timothy Griffin, Ph.D., a researcher at the Oklahoma Medical Research Foundation.

Remember the saying, "What doesn't kill you makes you stronger?" Timothy Griffin, Ph.D., a researcher at the Oklahoma Medical Research Foundation, has applied that old adage to the study of osteoarthritis. His lab's recent discovery has shown how healthy types of joint-loading, as occurs with walking or jogging, are beneficial to cartilage and help protect it from breaking down over time.

Osteoarthritis, or OA, is the most common form of disability in the U.S., affecting nearly 31 million Americans. It occurs when the cartilage that cushions bones in the joints breaks down and wears away, causing inflammation and pain as the bones rub against one another. OA is most commonly found in the knees, hips, fingers, lower back

and neck.

For this study, Griffin specifically looked at articular cartilage—the smooth, white tissue that covers the ends of bones where they come together to form joints—to study how it reacted at a cellular level to various forms of joint-loading.

Griffin found that healthy forms of loading generates molecules generally considered toxic to cells, which has a beneficial effect of increasing protective responses in cartilage.

"We looked at many different types of loading, such as those associated with standing and walking up to jogging with a heavy backpack all day," said Griffin. "We found that in all situations, the physical stress on the cartilage caused the tissues to become

more oxidized."

While oxidation is generally thought to be bad, some is actually beneficial, because it sparks the body's natural antioxidant defenses.

They found that a key antioxidant molecule called glutathione increased in one of the loading conditions, the one similar to walking. This molecule, said Griffin, is present at fairly high levels in cells throughout the body.

"It's one of the body's primary antioxidant molecules that can help provide a first line of defense against oxidative stress," he said. "Having more glutathione in cartilage means there's a greater capacity to protect against damaging loads." The loading conditions similar to standing or jogging with a heavy load caused even greater cartilage oxidation without the benefit of the increase in glutathione. Griffin said, "Clearly there is a sweet spot for getting the right amount and type of loading that gives cartilage the most protection." Our cells contain many different kinds of molecules

and enzymes that protect us against oxidative stress. One of the key findings, said Griffin, is that now they better understand how exercise helps to keep our joints healthy.

"This tells us that we need to think more about the pathways that regulate the production of glutathione to see how they could be harmed with obesity, aging, and other conditions that increase the risk of osteoarthritis," he said, adding that this information could also be useful in the future for thinking about potential metabolic supplements or genetic engineering strategies that could help prevent joint damage.

The data was published in the Journal of Orthopaedic Research. OMRF scientist Mike Kinter, Ph.D., also contributed to the findings.

This research was funded by grants from the National Institutes of Health, Arthritis National Research Foundation, Arthritis Foundation and the Oklahoma Center for the Advancement of Science and Technology.

Putnam City Cancer Classic 5k, Fun Run Raise Money for Cancer Research

A little more than 10 years ago, Jason Hasty, then the physical education teacher at Putnam City's Western Oaks Elementary School, was a dedicated runner. If he wasn't running in local races, he was training to run in those races.

He wondered. Why couldn't Putnam City host a race?

Flash forward to today, and it turns out the district can do just that. On the morning of Saturday, Nov. 11, more than 1,000 runners and walkers are expected to take part in the 10th annual Putnam City Cancer Classic, a 5k and 1-mile fun run that raises money for cancer research at Oklahoma Medical Research Foundation (OMRF). The 5k starting gun will sound at 8:30 a.m., while the fun run begins at 10 a.m. The event will be held at Wheeler Park, 1120 S. Western.

Registration for the 5k race is \$30. Registration for the fun run is \$15. Runners and walkers can register and pay online at www.pccancerclassic.com or register the morning of the event at Wheeler Park.

Hasty says the race has come a long way.

"That first year of the Putnam City Cancer Classic I was nervous. I didn't know a great deal about hosting a race. But it worked, and it's gotten better and better every year. The community shows up and has a good time. Everyone who takes part knows it's a great event which benefits a great cause, cancer research at OMRF," says Hasty.

Last year's Cancer Classic raised about \$9,700 for cancer research. It's just one component of a larger cancer fund drive. For 42 years, Putnam City has worked with OMRF in the battle against cancer. Using everything from pajama days, school carnivals, soccer games and powder puff football, district students, parents and staff have raised more than \$3.5 million to support OMRF's cancer research efforts. Putnam City's donations have purchased a vast array of sophisticated laboratory equipment, including centrifuges, microscopes and incubators, and also established an endowed chair at OMRF, the Putnam City Schools Chair in Cancer Research.

"The Cancer Classic is a fun event, but more importantly, everyone who takes part is taking personal action in the fight against cancer," says Stephanie Treadaway, the principal at Western Oaks Elementary School who is chair of Putnam City's Cancer Fund Drive.

Oklahoma City Black Nurses Association MEET AND GREET RN, LPN, Retired Nurses, Nursing Students SATURDAY NOVEMBER 11, 2017 · 1 PM

guest speaker

Dr. Eric Williams, President of the National Black Nurses Association at Oklahoma City University Kramer School of Nursing

Contact: Irene Phillips MS, RN · iphillips@okcu.edu
Please RSVP by Friday November 3, 2017



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

Autumn Bridge Hospice: 405-440-2440

Autumn Light Hospice: 580-252-1266

Carter Healthcare & Hospice: OKC - OKC Pat McGowen, Vol Coordinator, 405-947-7705, ext. 134; Tulsa - Samantha Estes, Vol. Coordinator, 918-425-4000

Centennial Hospice: Becky Johnson, Bereavement Coordinator 405-562-1211

Choice Home Health & Hospice: 405-879-3470

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

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

Frontier Hospice: Amber Cerney, Vol. Coordinator, 405-789-2913

Golden Age Hospice: 405-735-5121

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 Meridian, 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; OKC: Vol. Coor. Tricia Woodward, 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

Humanity Hospice: Sala Caldwell, 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

LifeChoice Hospice: Christy Coppenbarger, RN, Executive Director. 405-842-0171

LifeSpring In-Home Care Network: Terry Boston, Volunteer and Bereavement Coordinator 405-801-3768

LifeLine Hospice: April Moon, RN Clinical Coordinator 405-222-2051

Mercy Hospice: Sandy Schuler, 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 Clousing, 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

Sooner Hospice, LLC: Matt Ottis, Vol. Coordinator, 405-608-0555

The Hospice Directory above does not represent a list of all Hospice facilities statewide. For a complete list visit www.ok.gov/health

Lakeside Women's Hospital Celebrates 20th Anniversary *Twenty Years, 22 Thousand Babies*

Lakeside Women's Hospital continues to deliver on a promise made 20 years ago, to care exclusively for women.

In October 1997, Lakeside Renaissance Women's Hospital, as it was called back then, officially opened its doors. Susan Chambers, M.D., delivered the very first baby born at the hospital. "I am delivering babies now for women who were babies I delivered 20 years ago. Taking care of patients throughout their lifetime and then the next generation is pretty cool."

More than 22,000 babies have been born at the facility to date, but that is only part of Lakeside's success story. It was the first freestanding, female focused facility in the state of Oklahoma. From routine well-woman visits, to pregnancy and childbirth, gynecological surgery or menopausal care, the hospital offers specialized services for every stage in a woman's life.

"While delivering babies is one of the best parts of the job, we have always offered more than obstetrics and gynecology. We care for the overall health of our patients. For a lot of them, we are their primary care physicians," explained Chambers.

The grand-opening was the result of years of planning by eight female OB/GYN physicians. Susan Chambers, M.D., Valerie Engelbrecht, M.D., Sharla Helton, M.D., Deborah Huff, M.D., Laura Mackie, M.D., Jennifer Nelson, M.D., Dana Stone, M.D. and Lisa Wasemiller-Smith, M.D., dreamed of creating a patient-centered, state-of-the-art health care facility developed solely for women.

"Women are busy. They are taking care of everyone and everything so they need their health care to be as quick and as easy as possible," said Laura Mackie, M.D. She and the other founding physicians felt there had to be a better, simpler, more efficient way to meet the unique and very specific needs women face. The goal was simple: provide everything a woman would possibly need in one convenient yet compassionate location. "We really listened to our

patients and found they not only wanted to just be able to park and walk into a facility, but they also wanted that place to be welcoming and warm as they dealt with what could be a vulnerable situation."

The full-service women's hospital, located at 11200 N. Portland Avenue in Oklahoma City, was one of the first to house diagnostic laboratories, radiology equipment, surgery suites, labor and delivery rooms and doctor's offices all under one roof. It was an innovative approach that was quickly accepted and appreciated by women of all ages.

A steady increase in the number of new patients, births and procedures soon lead to the construction of a new wing. Continued growth contributed to the need for more physicians, satellite offices and additional services such as breast surgery, colonoscopy, mammography, hormone replacement therapy, osteoporosis and bone density testing, massage therapy, skin care and hair removal.

The partnership with INTEGRIS in 2013 provided Lakeside physicians access to many of the best specialty care physicians in the region. These include neonatologists, cardiologists, medical oncologists, orthopedic specialists, urologists and uro-gynecologists. Access to these types of specialists helps Lakeside further its commitment to provide the very best, most up-to-date care possible to the women of Oklahoma.

"I think Lakeside changed people's expectation of women's care in Oklahoma City; it really changed the landscape," stated Whitney Driver, M.D., an OB/GYN at Lakeside. "I think Lakeside has high patient satisfaction scores because we provide care that we would expect ourselves."

Always on the leading-edge, Lakeside Women's Hospital was an early supporter of robotic surgery technology. In fact, physicians at Lakeside were among the first in the metro to offer a Single-Site hysterectomy performed through a single incision in the belly button,

See ANNIVERSARY page 10

ANNIVERSARY

Continued from Page 9

leaving an almost undetectable scar. Today, the vast majority of gynecologic conditions that require surgery can be effectively treated this way with less pain, a faster recovery and a tiny incision. "Patients are more willing to have these procedures done, now that we can offer the same surgery with the same outcomes but with a lot less pain and a much easier recovery," said Arielle Allen, D.O., a urogynecologist at Lakeside.

In keeping with that forward-thinking, Denise Rable, M.D., an INTEGRIS breast surgical oncologist at Lakeside, was the first surgeon in the state to perform a procedure called radioactive seed localization,

which is a more patient-friendly approach to pinpointing and removing small breast cancers. And Lakeside is currently working with the Mayo Clinic to bring to Oklahoma City an advanced surgical recovery program based on their years of research and expertise.

While the staff at Lakeside Women's Hospital marks this milestone anniversary, they look forward to caring for many more sisters, aunts, wives, mothers, daughters, grandmothers and great grandmothers well into the future.

"I'm really excited that our younger partners feel ownership here," said Chambers. "So when that day comes when we retire and officially pass the torch so to speak, I feel confident they will continue what we started - and make it their own legacy."

GROUNDING WITH NATURE

FREE 1ST AND 4TH TUESDAY

FREE 1st and 4th Tuesday Evenings at 6:00 at Angelic Hands Healing Arts, 3009 NW 63rd, Suite A1 In the Courtyard. Learn how to ground with nature. Led by Jean Kidd, RN, Certified Healing Touch Practitioner. Call 405-205-7918 for more information.



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. Would you eat a plant based diet and get a rescue dog if you were told it would save your life?

I recently saw the most inspirational story about a man, his dog and his transformation and I wanted to share it with all of you.

In 2010, 51 year old Eric O'Grey weighed 320 pounds and took over 15 different medications to manage his type 2 diabetes, high blood pressure, cholesterol and depression. The Silicon Valley-based sales rep did most of his job over the phone, working from home and rarely leaving the house.

He subsisted on what he calls a "window diet," only eating what was delivered to his home or through the car door. As he gained more and more weight, his clothes no longer fit and eventually he stopped going outside altogether. He lost contact with his friends and hadn't gone on a date in 15 years.

O'Greys breaking point was when a doctor told him to purchase a cemetery plot because he'd likely need one in the next five years. He scheduled bariatric surgery, but as a last ditch effort, made an appointment with a naturopathic doctor who gave him the following prescription: EAT A PLANT BASED DIET AND GET A RESCUE DOG.

He went to the Humane Society and adopted Peety, an obese, middle-aged dog, whom he picked out "so we would have something in common." With a new companion to love and take care of, now O'Grey had to get out of the house. They went on half-hour walks twice a day, soon building up to 2 to 3 miles and within 4 months, O'Gray got off his meds and reversed his diabetes. In 10 months he had lost about 140 pounds, dropping from 320 to 185. Peety even lost 25.

His massive amount of daily calories was now replaced with plant based choices in moderated portions. He had to learn an entirely different way to eat. What was a healthy portion? How do I eat to live instead of eating to die?

O'Gray has documented his transformation in a memoir, "Walking With Peety; The Dog Who Saved My Life."

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What advice would you give new nursing grads today? ONA Annual Convention

Continue their education and become politically active. Make nursing a profession not just a career.



Teri Bycroft, RN

Focus on their job but realize they need to understand the rest of their profession and continue competency through development.



Marla Smith, RN

Each week we visit with health care professionals throughout the Metro



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I'm a new grad and I would tell them follow their passion. Nursing is a calling.



Karen Sturgill, RN

Enjoy being a novice and not let that intimidate you.



Pam Price-Hoskins, RN

Special Event: November 1st

Defining Hope

Please join us for a screening of DEFINING HOPE, hosted by the Oklahoma City Chapter of the Hospice & Palliative Nurses Association (HPNA). Wednesday, November 1st at 7pm at the Warren Moore 17 & IMAX, 1000 S. Telephone Road, Moore, OK 73160Nurses must register on the Education Link of www.hope.film to receive 1.25 contact hours for watching the film and completing the evaluation. CEs provided thanks to the generous support of Walden University, which is a nursing CE provider for ANCC CEs. See <https://okhpna.nursingnetwork.com/> or email okhpnachapter@gmail.com

Benefit for Alzheimer's Association

The Santa Market, Benefiting The Alzheimer's Association

The Santa Market started eight years ago with its first craft show that included eighteen vendors. On Nov. 18th this year, The Santa Market will be hosting over 110 vendors, face painting, food trucks and a real Santa for pictures with the kids. Admission is free and the first 1,000 people will receive a swag bag full of goodies donated by the vendors and sponsors for The Santa Market.. Last year alone, The Santa Market raised over \$17,000 for The Alzheimer's Association. This year the goal is even more to help find a cure for this horrible disease that affects so many. The event will take place at the The Edmond Community Center, 28 E. Main in Edmond. For more info: thesantamarket@gmail.com



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