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Community Hospital receives 5-star rating



Debbie Kearns, RN, CEO of Community Hospital recently learned her hospital received a coveted 5-star rating from CMS.

by Bobby Anderson, Staff Writer

Unless you've been living under a rock you've realized that hospitals are being scrutinized by the Centers for Medicare and Medicaid Services like never before.

Care standards such as core measures are by now commonplace and improving Hospital Consumer Assessment of Healthcare Providers and Systems scores are keeping hospital executives up at night.

But for the first time this year hospitals in America who excelled in these areas were eligible for the coveted CMS five-star rating.

Community Hospital CEO Debbie Kearns, RN, recently learned her hospital received five stars.

"It's pretty exciting," Kearns said. "It reflects the hard work and commitment all of our team members have to providing safe, quality care."

Community joins select

company in Oklahoma with only Oklahoma Heart Hospital, McBride Orthopedic Hospital and Oklahoma Surgical Hospital in Tulsa earning five-star status.

"Community Hospital is committed to providing safe, quality care for every patient," Kearns said. "Our physicians, nurses and other clinicians are committed to continually improve care. We appreciate the trust patients continue to place in our ability to meet the highest standards of care and are pleased that Community Hospital has achieved the top rating of five stars."

"The five-star rating is a direct reflection of the hard work and dedication of our team members and shows their true commitment to providing our

Growing with love and skill

Children's Center and Rehabilitation Hospital prepares for expansion



photo by James Coburn

Anna Lawson's nursing career has been nurtured by the positive environment of the Children's Center and Rehabilitation Hospital in Bethany.

by James Coburn, Staff Writer

Anna Lawson loves the new construction at the Children's Center and Rehabilitation Hospital. She takes joy in working with children as a licensed practical nurse in Bethany.

"It is so exciting to see that we are expanding again," Lawson said. "I was here when we expanded for the rehab."

The complex will be a four-story addition that will be connected to the existing facility, said Danielle Dunn, hospital spokeswoman. A covered and enclosed walkway will connect the two facilities.

"It's going to be a 100,000-square-foot building," Dunn said.

The Children's Center is the only in-patient pediatric rehabilitation facility in Oklahoma. Families will travel great distances for their loved one to received care at the hospital.

There will be two patient floors, a centralized patient services area and an outpatient clinic. The current hospital is licensed for 120 beds. Forty new beds will be in the

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5-STAR

Continued from Page 1

patients with the best experience possible.

Our work doesn't stop with this ranking, instead it serves to reinforce our mission of becoming the premier hospital in the country specializing in surgical care."

The Overall Hospital Quality Star Rating is designed to help individuals, their family members, and caregivers compare hospitals in an easily understandable way. Over the past decade, the Centers for Medicare & Medicaid Services (CMS) has published information about the quality of care across the five different health care settings that most families encounter.

The new Overall Hospital Quality Star Rating summarizes data from existing quality measures publicly reported on Hospital Compare into a single star rating for each hospital, making it easier for consumers to compare hospitals and interpret complex quality information.

The methodology for the new Overall Hospital Quality Star Rating was developed with significant input from a Technical Expert Panel (TEP)

and refined after public input.

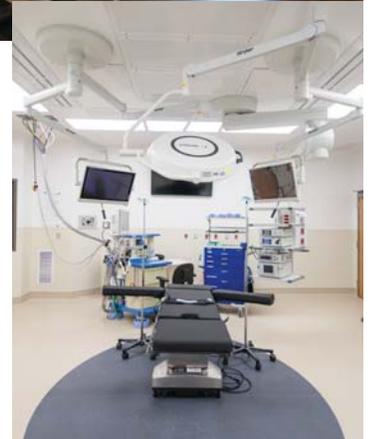
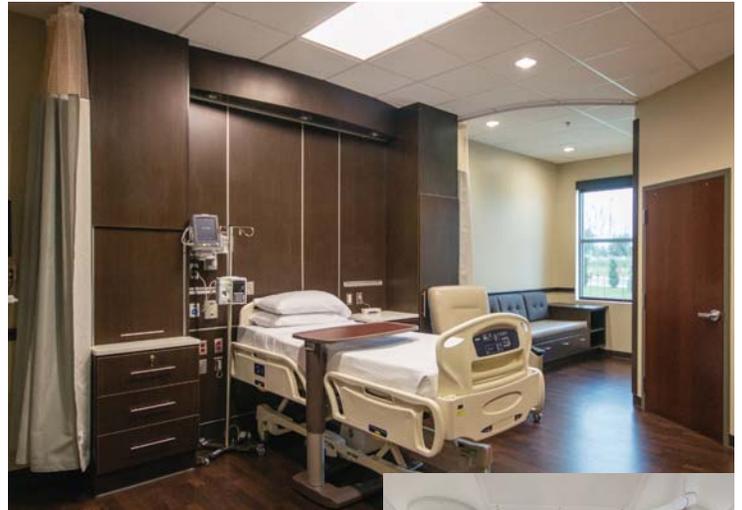
CMS will continue to analyze the star rating data and consider public feedback to make enhancements to the scoring methodology as needed. The star rating will be updated quarterly, and will incorporate new measures as they are publicly reported on the website as well as remove measures retired from the quality reporting programs.

For Kearns and her hospital, which includes a new campus in North Oklahoma City, the five-star ranking was validation of what she sees every day.

"Our culture in our organization is one of hiring the best staff, the best team and to have the best group of doctors," Kearns said. "Our goal of being a premier surgical hospital, if you don't continue to maintain those quality initiatives and focus on the customers you can't maintain that rating."

Kearns has been notified that Community will receive the quarterly five-star rating again for the next quarter.

"Every employee has to be committed to providing that five-star experience for our customers," Kearns said. "We don't have any opportunities to sit back and provide



less than an exceptional experience. When we hire employees we set that expectation and raise that bar really high."

CMS collects the information on these measures through the Hospital Inpatient Quality Reporting (IQR) Program and Hospital Outpatient Quality Reporting (OQR) Program.

Hospitals are only assessed on the measures for which they submit data. Some of the measures used to calculate the Overall Hospital Quality Star Rating are based only on data from Medicare beneficiaries and some are based on data from hospitals' general patient population, regardless of payer.

"Today, we are taking a step forward in our commitment to transparency by releasing the Overall Hospital Quality Star Rating," CMS said in a statement. "We have been posting star ratings for different facilities for a decade and have found that publicly available data drives

improvement, better reporting, and more open access to quality information for our Medicare beneficiaries.

"These star rating programs are part of the Administration's Open Data Initiative which aims to make government data freely available and useful while ensuring privacy, confidentiality, and security."



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EXPANSION

Continued from Page 1

new building to allow the Children's Center to care for one-third more patients.

"We're really excited because we're going to have a patient center for training and education," Dunn said.

So far the construction of the new facility has been great. There have not been any big storms or weather issues to slow the construction process, she said. The big thing being worked on right now is setting the windows so that the work inside can be done even during the rain. The front area of the addition curves with glass.

"I think we're hoping to have the completion in the fall of 2017," Dunn said.

There is a lot of color and light within the Children's Center, Lawson said. It simply makes you feel good to be inside the complex. Lawson said it's good for the patients, too.

"To be able to work with kids to me is awesome," Lawson said.

A lot of the children cannot do basic things most people take for granted. They may not be able

to walk and need help using the restroom, Lawson said.

"They can still smile," Lawson said. "They still enjoy seeing us. It brightens my day knowing when I come in a kid has their arm up in the air waving at you and laughing. They're kids."

If they're in diapers and are wet, Lawson helps to change them. Some of them have had a tracheotomy and need trach care, she said. They have been in accidents or were born with birth defects.

"They can cough but they can't always get out the secretions they produce and we help with that," she said.

Lawson provides educational resources to the children's parents, some who are very involved with the care at the Children's Center, and others who live farther away from the center but will call a lot to see how their child is doing.

"I also help the families by teaching CPR occasionally," she said.

The Children's Center is a patient center rehabilitation hospital, she said, that focuses on what the children need.

Lawson will celebrate her ninth year as a nurse in November.

She earned her LPN credential at Canadian Valley Technology Center and has been with the Children's Center for 16 years.

"I was always a natural caregiver. I've always had a big drive to help with anything," she said. "If you need something and I can't help, I'll find someone who can."

Originally, Lawson wanted to become a veterinarian until she figured out how they checked pregnant cows.

"I said I'm not doing that," she explained.

Her parents encouraged her to become a nurse. She began working in the kitchen at the Children's Center. But she didn't want to further her education by being a dietitian.

"Seeing the kids and seeing other people work with them -- I wanted to be close to that," she said.

Lawson became a CNA and worked her way through nursing school. Then she made a seamless transition back at the Children's Center as an LPN. Nursing has been good to Lawson, but it is also hard work. But she enjoys it.

"You've got to have a big heart because you've got to be able to give a kid a shot," she said.

Today, she is continuing her education by taking prerequisite classes to be a registered nurse.

During her days off from work, Lawson said she is a bit of a craft nut. She does everything from sewing to knitting. She and her husband have a couple of dogs who act like toddlers, she said.

"The basset hound, if he hasn't had enough cuddle time he will whine until you go and sit with him," she said.

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Michael was a country boy through and through. Our son wore his Wrangler jeans everywhere, and loved to go fishing anywhere he could get a hook in the water. He enjoyed basketball and baseball, but for him it was more about being with friends. Michael included his younger brother, Andrew, in all his activities. At the age of 13, Michael told his mom he wanted to be a donor. After his accident, at such a difficult time for us it was an easy decision to say yes to donation. He had a great relationship with the Lord and shared his faith with everyone. We know we'll be with Michael again soon.

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Michael



CAREERS IN NURSING

VALUING LIFE - INTEGRIS HEALTH EDMOND IS A PLACE TO TRUST

by James Coburn - Writer/Photographer

Lacy Norton works in the ER of INTEGRIS Health Edmond while carrying new life inside her. As an expectant mother, she understand the circle of life. And for many patients, Norton makes life better during some of their most vulnerable moments.

Norton has been a registered nurse since earning her Bachelor of Science Degree at Oklahoma Christian University in Edmond. Her mother was a school nurse at Edmond Memorial where Norton attended high school. So Norton opted to follow her mother's footsteps by choosing a nursing career.

"I'm very much a people person and I think Oklahoma Christian really prepared me. It focuses on healing the whole person, body and spirit. I just really enjoyed that about the program."

She began her nursing career as a new graduate working in the ER at INTEGRIS Baptist Medical Center.

She was a nurse tech there during her senior year of nursing school.

"I spent two and a half years there, and then my husband and I moved to Washington, D.C. for his grad school"

Her husband went to Georgetown University while Norton worked in northern Virginia for two years. While in Virginia Norton became a nationally certified emergency room nurse through the Board of Certification for Emergency Nursing. And she wants to share her experience with Oklahoma.

"I think it is a major accomplishment for emergency room nurses," she said. "Especially for those that are finally getting into it, they're not scared anymore. They feel confident and can justify that confidence."

She and her husband returned to Edmond where Norton resumed her nursing career with INTEGRIS Edmond. Norton was impressed with

the facility that opened in 2011.

She found a lot of opportunity at INTEGRIS Health Edmond. There are great best practices set in the ER, she said.

"Obviously the facilities are beautiful," she said. "But as far as the ER goes, I have been so impressed with the team. With our team of nurses you really won't have a bad day here because we are nurses that are go-getters."

She started in the cath lab and floated sometimes to the ER at least a couple of times a month. She always admired the team approach in the ER. Many of the nurses she already knew.

"They are definitely cream of the crop," she said.

Norton also likes the camaraderie of the physicians. They hold the nurses opinions with high esteem, she said. There is a mutual respect for the talents each profession provides for the best care available.

The volume of patients coming into the ER ebbs and flows, she said. A well seasoned ER nurse is always alert for any situation.

"For me it does enrich my life. Like I said, I like being with people and meeting people where they are," Norton said. "I feel like the ER is the first line and the last line with everything in between. I love it because every new patient is completely new and different."

She helps patients navigate the system if they go home or stay in the hospital. Nursing is more than passing medicine, she said. Norton takes the time to render kindness to each patient even when they are with her for only four hours. Norton is trained to help ease the mindset of new patients in the ER.

"If there was ever a place you needed to be, right now it's here," she consoles ER patients. She lets them know that she is glad they are

Continued on next page

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Lacy Norton, RN, has found her niche as an ER nurse at INTEGRIS Health Edmond. She also plans to deliver her baby there.

in the ER no matter what is going on with their health.

ER nurses sometimes run on adrenaline, but Norton also has a life away from work. She does not have time for any hobbies because she and her husband are renovating their new house, she said.

Her husband began law school. For Norton, her hobby currently is painting the house and improving it. Both of their families are in Oklahoma, which is a reason they returned to Oklahoma to start a family.

"We have dear friends that we love hanging out with," she continued. "My husband plays guitar and I sing, so sometimes we try to get a show together for holidays."

She and her husband are also expecting their first child. And she plans to have it at INTEGRIS Health Edmond at the Women's Center. She already knows many of the labor and delivery nurses which makes her feel good, she said.

"The facilities are awesome. I told them that my husband will probably pass out," she said. She sometimes greets the lactation nurse in the hall.

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Pre-Op Registered Nurse needed

at Eye Surgery Center of Tulsa located at 7191 S Yale Ave, Tulsa, OK 74136. In search of a full time Pre-Op RN with experience. We are a fast paced outpatient surgery center. Great pay and benefits. No nights, weekends, holidays or call.

We are seeking an Registered Nurse. Part Time to join our team!

You will be responsible for the assessment, diagnosis, and treatment of assigned patients. Autumn Wood Memory Care 2700 N Hickory St, Claremore, OK 74017

We are seeking a Full-time Registered Nurse

MacArthur Park Home Health, Shawnee, OK, is seeking a Full-time Registered Nurse. Responsibilities include direct patient care, provide treatments, follow plan of care, and work collaboratively with members of the team to meet positive home care outcomes of our patients. Must be currently licensed as an RN in the State. One year nursing experience in community health/home health/hospice experience, preferred. Salary is commensurate with education and experience. 120 W MacArthur St #130, Shawnee, OK 74804

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*serious inquiries only contact Karen Finchum at 819-3009
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Stanley Hupfeld Academy Donates Buddy Benches to Metro Schools

They're called buddy benches, and they'll soon be on the playgrounds of several metro elementary schools thanks to the students and supporters of Stanley Hupfeld Academy at Western Village.

The rules of the buddy bench are simple. Within a few minutes, any student sitting on the bench will be approached by a fellow student and asked to play.

The bench was created to be a safe haven for a child who is feeling bullied, left out or is simply in need of a friend. Classmates who see a child sitting on the bench are taught to sit with them and befriend them.

When the student council at Stanley Hupfeld Academy heard about the Buddy Bench program, they immediately wanted to get one for their school. They started a fundraiser to buy a bench of their own. Students paid a dollar each to be able to wear a non-uniform shirt to school. They ended up raising \$250.

Angie Ritter is a teacher at the school. Her husband, Dustin, is a carpenter/contractor. He was so touched by the students' eagerness to do something nice for each other, that he made a buddy bench for the children free of charge. And when he told his friend, Paige Sheller, about the Buddy Bench program, she donated enough money to purchase four additional benches. The students used the money they had originally raised to buy a fifth bench and collectively decided to donate their extra benches to area elementary schools.

A buddy bench was installed at Stanley Hupfeld Academy this week and the following delivery schedule is set: Wednesday, Sept. 21 - Britton Elementary School, Thursday, Sept. 22 - Greystone Elementary School, Friday, Sept. 23 - Dove Charter Elementary School and Monday, Sept. 26 - Johnson Elementary School & Fillmore Elementary School.



Prematurity Remains a Leading Cause of Infant Deaths in Oklahoma

The Oklahoma State Department of Health (OSDH) officially recognizes September as Infant Mortality Awareness Month and remains committed to continually highlight the improvements made in lowering Oklahoma's infant mortality rate (IMR).

IMR is defined as the number of infant deaths per 1,000 live births; the current IMR in Oklahoma is 7.4, which remains above the national

average of 5.9. OSDH and their public health partners have made continual efforts to drive down the IMR and improve overall maternal and infant health. A statewide initiative launched in 2009, Preparing for a Lifetime, It's Everyone's Responsibility, works to positively impact factors that contribute to lower infant mortality in Oklahoma.

See CAUSE page 9

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: Kelly Morris, 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: Kay Cole, Vol. Coordinator 405-418-2530

InFinity Care of Tulsa: Spencer Brazeal, Vol. Director, 918-392-0800

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

Interim Healthcare Hospice: 405-848-3555

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

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 Clausing, Vol. Coordinator 405-936-9433

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

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

Quality Life Hospice: 405 486-1357

RoseRock Healthcare: Audrey McCraw, Admin. 918-236-4866

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

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

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

Sequoyah Memorial Hospice: Vernon Stone, D. Min. Chaplin, Vol. Coordinator, 918-774-1171

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

CAUSE

Continued from Page 8

"It is important to recognize that each of us has a role in promoting healthy outcomes for Oklahoma mothers and babies," stated Joyce Marshall, director, Maternal and Child Health Service at OSDH. "Even though we can celebrate improvements in Oklahoma's infant mortality rate, we still have much to do to reduce disparities and save the lives of Oklahoma's tiniest and most vulnerable residents."

As Oklahoma's IMR continues to decline, premature births are still a leading cause of infant mortality and morbidity. At 10.3 percent, Oklahoma ranked 41st in the percentage of premature births in 2014. Premature birth is defined as a birth occurring before 37 completed weeks of pregnancy. Babies born prematurely may experience difficulties after birth including breathing problems, feeding difficulties, trouble staying warm and low blood sugar.

Factors that may increase the risk for women to have a premature birth include:

- High blood pressure
- Infections
- Diabetes
- Short time between pregnancies
- History of preterm birth, Obesity

Things women can do to promote a healthy pregnancy are:

- Plan the pregnancy and take care of health issues before pregnancy, nearly half of all pregnancies in Oklahoma are unplanned
- Be tobacco-free
- Be at a healthy weight before pregnancy
- Take a multi-vitamin with 400 mcg of folic acid every day
- Begin prenatal care within the first 12 weeks of pregnancy
- Ask about progesterone therapy starting between 16 and 26 weeks for women who have experienced a previous preterm birth

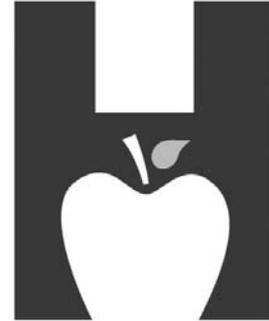
Steps to obtaining and remaining at a healthy weight before getting pregnant include:

- Being active for at least 30 minutes on most, if not all, days of the week
- Eating a variety of foods from all food groups
- Making half your plate fruits and vegetables

- Avoiding foods high in fat and sugar
- Avoiding sugar-sweetened drinks that contain little to no nutritional value

Current activities underway as part of the Preparing for a Lifetime, It's Everyone's Responsibility initiative include:

- Adopting a Life Course approach that considers pregnancy a critical period for positive intervention
- Utilizing a screening tool in clinics across Oklahoma to assess and educate women on the importance of being healthy before and between pregnancies
- Promoting tobacco cessation for pregnant women and offering resources for quitting tobacco use through the Oklahoma Tobacco



Helpline at 1-800-QUIT NOW (784-8669)

• Working with the Oklahoma Perinatal Quality Improvement Collaborative (OPQIC) and birthing hospitals in the promotion of evidence-based practice guidelines and quality improvement processes state-wide including prematurity, infant safe sleep, abusive head trauma prevention, maternal safety, and breastfeeding programs

• Screening for postpartum depression to provide education and referral services for new mothers and their families

• Encouraging pregnant women, new moms and families to sign up for Text4baby, a free text messaging service with helpful tips and health information

• Providing information to professionals and the general public on issues related to infant mortality through educational resources, which include public service announcements airing statewide throughout September

Contributions to improvements in Oklahoma's birth outcomes have been made through the collective efforts of many supporters and partners including Governor Mary Fallin, the Oklahoma legislature, and organizations and individuals involved in the state-wide initiative. To learn additional ways to help ensure the health and safety of Oklahoma's babies, visit the Preparing for a Lifetime, It's Everyone's Responsibility web pages at <http://iio.health.ok.gov> or call (405) 271-4480.

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



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

Four Hospitals Receive Awards From Oklahoma Perinatal Quality Improvement Collaborative

INTEGRIS Baptist Medical Center, INTEGRIS Canadian Valley Hospital, INTEGRIS Health Edmond and INTEGRIS Southwest Medical Center were all recently awarded by the Oklahoma Perinatal Quality Improvement Collaborative (OPQIC) for creating a culture of excellence in perinatal care for Oklahoma mothers and newborns.

The Spotlight Hospital Awards were presented at the third annual summit of the collaborative in Oklahoma City. There are 52 birthing hospitals in Oklahoma and only six received this award. Four of the six recognized hospitals are part of the INTEGRIS system.

Approximately 200 providers of maternal and infant care came together at the event to discuss continued efforts to improve outcomes for Oklahoma mothers and babies, and to celebrate success from their ongoing work.

Hospitals receiving the Spotlight Hospital Awards were recognized for participation and sustained improvement in the areas of early elective deliveries (inducing labor and scheduling cesarean births before 39 weeks without a medical reason), being prepared for obstetrical emergencies (such as hemorrhage and preeclampsia) through training, guidelines and hospital resources, education to prevent abusive head trauma (commonly known as shaken baby syndrome), modeling and promoting safe sleep practices, and creating an environment that is supportive of best practices in maternity care and breastfeeding.

In addition, Vicky Harter, BSN, RN at INTEGRIS Baptist Medical Center received the Warren M. Crosby Champion for Maternal and Infant Health Award for going above and beyond to display exemplary effort to improve outcomes for mothers and babies in the local community and statewide.

The Oklahoma Perinatal Quality Improvement Collaborative launched in 2014 with a mission to provide leadership and engage interested stakeholders in a collaborative effort to improve the health outcomes for Oklahoma women and infants using evidence-based practice guidelines and quality improvement processes. OPQIC works with Oklahoma birthing hospitals and perinatal care providers of all types to improve perinatal care of Oklahoma mothers and newborns by collaborating with partners to identify and remove barriers to providing safe, quality perinatal care.

St. Anthony Physicians Heritage Family Medicine Moves to St. Anthony Healthplex East

A.C. Vyas, M.D., internal medicine, Kim Ryan, PA-C, and Trina Swygert, M.D., internal medicine, are pleased to announce their new office location at St. Anthony Healthplex East, 3400 S. Douglas Blvd, in Oklahoma City.

Dr. Vyas and Kim Ryan, PA-C, are located in Suite 301, to make an appointment please call 405-231-8888. Dr. Swygert is located in Suite 200, to schedule an appointment with her please call 405-272-2850.

*Q. I have been dating Sean for three months and plan to break up with him. I just don't have an attraction to him anymore. I feel bad breaking up with him because he really is a nice guy. Is there any way to do it without hurting his feelings?
Cindy*

A. More of Cindy's story:

I thought about making up some excuse, anything to create a good reason to break up. He bought concert tickets for an upcoming show; I thought I should go to the concert and then break up after wards because he was so excited to go.

He noticed that I was quiet and not as affectionate and brought that to my attention. I wish he felt the same way I do then it wouldn't be so hard to break up. But he is talking about our future and making comments about what kind of house I like and where I would like to live.

I probably should not have met his parents but he really wanted me to be a part of his family celebration. They are really great people and I feel sad that I do not share Sean's thoughts and feelings. I feel really bad and guilty.

My friends tell me that it is wrong to continue dating him and making memories when I know I want to break up. I just don't know what to say.

What do you think Cindy should say to Sean?

If she speaks her truth and tells him that she does not have strong enough feelings to continue dating and forming a more serious relationship, does that hurt less than avoiding the truth?

He will probably get his feelings hurt, he clearly has plans for the relationship. There is a difference in being mean and hurtful versus speaking your truth in a compassionate manner. If you are trying to explain why you cannot continue with the relationship, say it without a million words. Sometimes things just don't work out. It is no one's fault.

Cindy began to realize that she did not have strong feelings for Sean. The connection was more about friendship than romance. It created an awkward exchange.

Cindy broke up with Sean and actually felt better not having to pretend to feel something that wasn't real.



NURSE + TALK

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

What one piece of advice would you give a new nurse? Norman Regional Health System

Ask questions, lots of questions. I always worry about new nurses who don't.



Clara Winters, RN

To not be afraid to ask questions.



Megan Vinson, 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

Don't be afraid to have someone show you before you try it.



Kari Moyer, RN

Not to be intimidated by the veteran nurses.



Taylor Goldsby, RN

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