

photo by James Coburn Gina Crawford followed her dream as a nurse to become an educator at Kramer School of Nursing.

by James Coburn Staff Writer

Gina Crawford, RN, DMP, was the inquisitive one out of five children.

Dr. Thomas Stough was a physician in Okarche. She a certified nurse practitioner would spend a great deal of time following him around in his practice going to

the nurses, said Crawford, and clinical instructor for the Family Nurse Practitioner program at Kramer School

> He was a small town family practice doctor, the third of in Crawford's family. "He was a great mentor in clinical

practice with him,"

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Terra Corley is looking to take the Oklahoma Nursing Student Association to new heights.

by Mike Lee, Staff Writer

Terra Corley never saw herself as a leader until she suddenly became one. Now, the president of the Oklahoma Nursing Student Association says becoming involved in leadership in her chosen field of nursing is one of the best things that could have happened to her.

Corley is a recent Oklahoma City Community College grade and matriculated from OKC's Classen School of Advanced Studies.

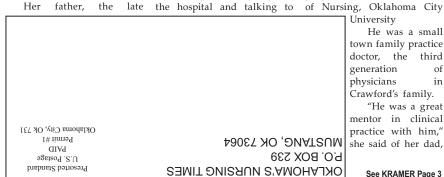
She became involved with the association through a friend from OCCC who attended the annual convention, ran from the floor and was elected to leadership.

Corley reluctantly accepted a co-public relations role a few months later.

She credits that role with changing her outlook on herself and her career.

"I like that it changed me in the fact it gave me opportunities to speak to students and employers at different hospitals," Corley said. "It really turned me into a pretty

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who had been in practice for 45 years.

Crawford's mother was a nurse and her uncle was also a physician. There is a long family history from the medical community, she said. So it's not difficult to understand why she developed an aptitude for nursing at an early age.

"I knew that I wanted to work in the health profession in high school," she said. "I wasn't real sure how that looked at 18 because I started nursing school when I was 19."

She graduated from an associate nursing degree program in 1989 from El Reno Junior College, which is now Redlands Community College. For several years she worked at Mercy Hospital in the Pediatrics and Maternal Child unit. Later she worked in home health as a nurse and manager.

"And then I went back and finished my Bachelor of Science in Nursing at the University of Oklahoma," she said. "I went on to graduate school at OU and finished my master's as family nurse practitioner."

Crawford returned to Okarche and worked as a family nurse practitioner with her father in her home town for seven years until 2012

She always wanted to teach. Kramer School of Nursing was creating a new program that was suitable for her nursing expertise. The previous director was somebody she knew. So she spoke with him and became more interested in the program

"I'm happy I came" Crawford said. "Kramer is very supportive of their students. They expect the faculty to be accessible and available to their students, which I think is a very positive attribute for a program. It was an opportunity to come here and teach nurse practitioners how to learn to be nurse practitioners."

The Doctor of Nursing Practice program she teaches allows students to begin with a bachelor's degree in nursing and finish with their doctorate. Then they are eligible to take their examination to be certified as a family nurse practitioner. A certified nurse practitioner who has a master's degree can come back

to earn their Doctorate in Nursing in Okarche, the area had never had a Practice, she continued.

There has been a lot of discussion on the federal level about changing the rules for having a Doctorate in Nursing Practice degree, but it has not become a regulation at this time.

"They talked about changing it in 2015, but that has been put on hold," Crawford said.

Kramer graduated their first class in the program in 2014 with 10 students. Each of them passed their certification exam the first time.

"That was very good," she said. "Then currently the class that will be graduating in 2016 has 22 students."

More nurse practitioners are needed in Oklahoma as there is a shortage of primary care providers in the state with most of the shortage in rural parts of the state, Crawford said.

"Nurse practitioners have been found to be very good primary care providers," Crawford explained. "It's what we're educated to be. So as that shortage continues to grow, you are seeing more of a need for nurse practitioners in underserved-areas."

Nurse practitioners are seen everywhere these days. When Crawford first went into practice nurse practitioner. A lot of education was necessary to share with the public about the role of a nurse practitioner. Now, the Okarche community has four nurse practitioners offering their services, Crawford said.

"How we educate our students, our philosophy has a strong foundation in health promotion, disease prevention and education, and how to not just treat your diseases with screening," Crawford said. "We do a lot of education towards health behavior change, so if we identify a risk or a health behavior problem, we help those patients understand what those risks are and what they need to do to prevent disease, not just treat the disease after it has already been diagnosed."

Crawford smiled when asked what she likes to do her leisure time. She is an avid reader of books and likes being outside, she said.

"I'm trying to find time to travel and go more places I haven't been," she said. "I volunteer at a free clinic and see uninsured patients. I love baseball and the Oklahoma City Thunder."

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CAREERS IN NURSING BREAST CARE PROGRAM: LOYAL, ENERGETIC AND ASSESSMENT SKILLS

by Vickie Jenkins - Writer/Photographer

As I arrived at the Indian clinic, I was greeted by Andrew Davis, Marketing Director at the Oklahoma City Indian Clinic and lead to the Public Health Department. This is where I met Randi Schoeppel, RN, BSN, Nurse Case Manager and where the Pink Glory Breast Care Program is located. From the minute I met her, Schoeppel was very friendly and professional. She was very detailed as she explained what the Pink Glory Breast Care Program was all about.

The purpose of the Pink Glory Breast Care Program is to provide breast health education and navigation services for American Indian women in Central Oklahoma, primarily Oklahoma County. This program provides culturally appropriate and evidenced-based education and reminder notifications to ensure women are able to receive the appropriate and timely breast care needs necessary for early detection and prevention of breast cancer.

Sitting in her office, I ask, "How long have you been a nurse?" Schoeppel replies, "I've been a nurse for 32 years and have learned a lot over the years," she says with a smile. "You must love it," I said. Schoeppel continues. "I graduated from the University of Oklahoma with a Bachelor's degree working at Mercy and then I moved up to the Intensive Care area." Asking Schoeppel why she became a nurse, she replies, "I come from a medical family which provided for a strong groundwork for a career pathway. Plus, in school, I was strong in science and math and combining that with compassion and helping others, I became a nurse. If you think about it, becoming a nurse is such a diverse area, I knew it was a great field to go into. A person needs unique thinking skills, fitting into the patients feelings. When my children were young, I was a school nurse in Muskogee and also

a Special Needs nurse at PC West. I loved everything about it. One can go many directions in the medical field."

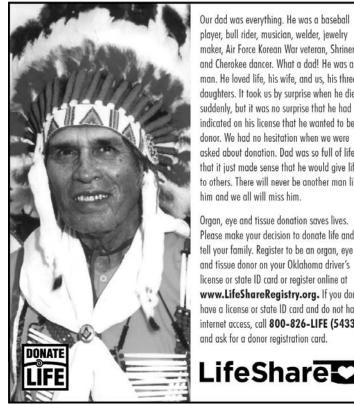
"What three qualities make a good nurse?" I ask. "Compassion and empathy, really strong critical thinking skills and assessments, and staying current in your practice. Medicine is always evolving, always new things happening. A nurse should make sure they stay updated on everything."

I asked Schoeppel how others would describe her. She said, "Loyal, energetic, strong assessment skills and knowing the patient always comes first." Did anyone influence you to become a nurse?" I ask. "Mv family was a big influence. My sister is a physician and she was always around. My mom was a homemaker and my dad worked for the Veterans Administration." "Do you have any hobbies? What do like to do for fun?" I ask. 'Well, I am a real

workaholic," Schoeppel says, with a laugh. "When I am not working, I like gardening. I also like to travel."

"What would you consider to be your greatest asset?" I ask. "T think my greatest asset would be caring for the patients with a holistic approach, meeting others' needs, completing the loop and not letting the patient get dropped from the system. Mammograms are done five days a month and on those days, we see about 40 patients. If there is an abnormal report, the patient is directed to the Oklahoma Breast Care Center for a diagnostic mammogram and ultrasound. If an abnormal is seen, the patient is recommended to an Oncologist." Schoeppel says. "I want to hold their hand, telling them that they can make it. I will be sure to keep track of that patient, continuing to lift them up. We also offer a Mother/Daughter

Continued on next page



Our dad was everything. He was a baseball player, bull rider, musician, welder, jewelry maker, Air Force Korean War veteran, Shriner and Cherokee dancer. What a dad! He was all man. He loved life, his wife, and us, his three daughters. It took us by surprise when he died suddenly, but it was no surprise that he had indicated on his license that he wanted to be a donor. We had no hesitation when we were asked about donation. Dad was so full of life that it just made sense that he would give life to others. There will never be another man like him and we all will miss him.

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eve and tissue donor on your Oklahoma driver's license or state ID card or register online at www.LifeShareRegistry.org. If you don't have a license or state ID card and do not have internet access, call 800-826-LIFE (5433) and ask for a donor registration card.



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ONSA networking."



Randi Schoeppel, RN, BSN, is the Nurse Case Manager of the Pink Glory Breast Care Program, located at the Indian Clinic in Oklahoma City

Banquet along with explaining the importance of mammograms and tips on staying healthy," she adds.

Asking Schoeppel what a typical days is like for her, she replies, "After the mammograms are done, there are follow ups, but the main focus is helping the patient approach their fear, letting them know the importance of mammograms. The patient is our main concern."

Finishing the interview, I left the office with a nice feeling. I could tell that Randi Schoeppel is an excellent nurse, dedicating herself to helping others, spreading her love and compassion. Me? I am a breast cancer survivor. Even though I have



been cancer free for 11 years, it is nice to know there are special people like Randi that keep doing what they do best; encouraging others. I said a prayer, "Thank-you God, for letting certain people cross our pathways. Thank-you for the nurses and the encouragers that come into our lives. Amen."



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great leader when I was able to speak to people more easily. I loved the

Networking is a major advantage of the ONSA.

The group meets once a month on a Saturday in either Tulsa or Oklahoma City. In Tulsa, the group meets at the University of Oklahoma-Tulsa Schusterman Center. The OU School of Nursing hosts the Oklahoma City meetings.

ONSA directors visit the different nursing schools around the state.

One of Corley's main goals is to to bring more hospitals and schools to the organization's annual convention in October.

"They love coming to our convention," Corley said of employers. "The Oklahoma Nurses Association holds its annual convention right before us. I believe we get more vendors and they love coming to the student convention because they know we have more than 500 people come every year."

Corley's organization used the National Center for Employee Development in Norman this past year for its convention. The group will return there this fall.

"The biggest things people like are the breakout sessions," Corley said. "It's a wide variety of topics. We had a neuro ICU nurse come to talk about her experience and what it takes and how to get a CCRN designation.

"The other big part is the vendor hall. This year we had 28 vendors from the Army, Navy and different hospitals all over Oklahoma."

The appeal of having 500 soonto-be nurses in one location is a big plus for recruiters.

"It gives (employers) the opportunity for one day to speak to this huge group of people instead of having to find new workers elsewhere," Corley said. "These are students and good students who are responsible. It's a good group of people for vendors to talk to."

Prior to graduating, Corley did her clinicals at INTEGRIS Baptist and OU Medical Center.

"Before I had gone there I was a tech and they floated me to ICU and I got to work with the night shift nurses," Corley said. "I really had time to talk to the nurses and saw what they did. A nurse took me under her wing and the way she talked to those patients really inspired me."

"Those patients are really vulnerable and you have to be able to communicate in so many different ways. I love that."

Students can go online to www.oknsa.org to sign up for membership. Dues are \$35 per year and membership into the National Student Nurses Association is included.

"I really hope to get more students involved at the state level," Corley said. "Our board meetings are open to the public but we've never had many students come and see first-hand. If we can educate the local national student chapters they can bring it back to their schools."

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OU College of Nursing Ranks Among Best in Country for Online Advanced Degree Nursing Programs

The University of Oklahoma College of Nursing is ranked as one of the best online advanced degree nursing programs for 2015 by U.S. News & World Report.

"We strive to provide an exceptional learning environment at the OU College of Nursing," said Dean Lazelle Benefield, Ph.D., R.N., FAAN. "Online programs, extraordinary faculty, and outstanding clinical partnerships anchor our efforts to help students achieve their goals in nursing, to advance research, and to meet the growing need for exceptional nursing professionals in a variety of health care environments. It is a tremendous honor to be recognized by U.S. News and World Report for our efforts in online nursing education."

According to U.S. News, the rankings are determined by student engagement, faculty credentials and training, peer reputation, student services and technologies, and admissions selectivity. This is the third year the publication has ranked online programs.

"We are very proud of the online programs we are able to offer at the OU College of Nursing," said Gary Loving, Ph.D., R.N., associate dean. "Currently, we have several online degree programs including Masters of Nursing Education, Doctor of Nursing Practice and PhD in Nursing. The online programs allow for great flexibility for students to better meet their individual needs as they work toward advanced degrees in nursing. For example, our Masters of Nursing Education program allows for multiple starting points for students."

Under Loving's leadership, the college has utilized technology to provide distance learning opportunities for about 25 years. The college's online program offers a choice of part-time or full-time progression, and students are eligible to compete for merit-based scholarships.

"The College of Nursing has highly trained faculty, and our students have the opportunity to engage with peers and faculty both in person and online while obtaining their degree," said Loving.

Benefield said that the college's online educational programs were created to help address the critical shortage of baccalaureate-prepared and advanced practice nurses in hospitals, clinics, schools and home care agencies across Oklahoma.



Lazelle Benefield, Ph.D., R.N., FAAN, OU College Nursing Dean.

"To address this shortage, we must first address the root cause, and that is a shortage of qualified faculty ready to educate the next generation of nurses," Benefield said.

story and photo by Lauren Daughety

The Fountains at Canterbury, a continuum of care senior living community in Oklahoma City, welcomes a new member to their staff. Kristy Davis is the new director of nursing at The Springs, The Fountains at Canterbury's skilled nursing and rehabilitation center.

Davis has more than 13 years of experience in the health care industry. Previously, Davis has served as a registered nurse in intensive care and rehabilitation settings and as a director of nursing in long-term care.

"My two greatest passions are long-term and senior care," said Kristy Davis, director of nursing at The Fountains at Canterbury. "I love spending time with the elderly and listening to their stories. I am so impressed with the community here and the positive culture and look forward to working with my associates." Toward that end, she explained the OU College of Nursing launched two of its online programs. These include - the PhD in Nursing

See OU next page

"We are thrilled to welcome Kristy as a part of our team here at The Fountains," said Scott Steinmetz, executive director of The Fountains at Canterbury. "Her experience and passion for senior care makes her the perfect fit as director of nursing at The Springs. She joins associates enthusiastic about maintaining a thriving community."

The Fountains at Canterbury is dedicated to being the first choice in senior living, providing a continuum of care including independent living, assisted living, memory care, innovative rehabilitation therapies and skilled care. The Fountains at Canterbury is committed to creating an extraordinary community where people thrive. To learn more, please call (405) 381-8165 or go online to www.watermarkcommunities.com.



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program, the first in the state, which prepares graduates for roles in the academic world helping train the next generation of nurses, and the Doctor of Nursing Practice which program, advanced prepares practice nurses to meet the primary healthcare needs of Oklahomans. Brittany Stevenson, OU College of Nursing Online

"By making these **student**. programs available

online, we exponentially expand access to the rich educational and scientific resources of our college and

the OU Health Sciences Center for nursing students across Oklahoma, regardless of their physical location," said Benefield.

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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. I have been married for 4 years. This is my second marriage. At what point do I give up on this marriage and call it quits? Apparently there were things that I either chose not to see or did not realize the magnitude of what I did see. All I know is I am miserable.

A. The following is Cindy's story: I had been single for several years after my first marriage ended. My third child was about to graduate from high school and I was beginning to think I might be ready to date again. I was introduced to Jim by a friend. He lived in a small town about 2 hrs from my home. I liked Jim and did not immediately see any red flags.

When I went to Jim's house I quickly noticed how messy it was; well messy isn't really the right word, it was more like he had a path to and from every room. (I would later learn that he was a hoarder).

Jim also had some medical issues but nothing that I realized would be monumental. He was still working when we met. (I would later learn Jim needed several surgeries and someone to take care of him).

We dated for about 6 months when Jim asked me to marry him and I said yes. When we actually began to live together the following behaviors were quickly observed:

•Jim was now on disability due to his long standing foot injury so he would stay up all night and wake me up at intervals - once at 0400 to ask if I bought chocolate chip ice cream.

•He began to "store" items on the floor beside the bed. I told him no way was he going to trash out that corner of our bedroom.

•When I got up in the middle of the night to go to the bathroom, Jim yelled at me for "monitoring his bathroom time." I saw a syringe laying on the counter.

•Jim had 3 surgeries during our first year of marriage. One during the second year. I was his "caregiver" for each surgery. Jim "expected" me to do it with never a thank you.

*Jim had a poor relationship with all 4 of his children. He showed no interest in being with them.

I could go on and on. Jim went to church with me and we would talk about the sermon, often feeling hopeful that Jim was going to make changes but he never did. We even had occasional talks with our pastor. I wanted him to go to marriage counseling with me or make an individual appointment for himself but it never happened.

After four years I divorced Jim. I was broken hearted. I never wanted a divorce. Nor did I expect to learn about hoarding, chemical addiction and narcissism. I am in counseling and attending a 12 step program to learn more about myself. Will I date again? Maybe one day.

INTEGRIS Baptist Medical Center is One of America's Best Hospitals for Heart Care in 2015

INTEGRIS Baptist Medical Center earns the 2015 Women's Choice Award as one of America's Best Hospitals for Heart Care. INTEGRIS is one of only 353 hospitals in the United States to qualify for this evidence-based designation, signifying a commitment to meeting the highest standards in heart care.

"As women, we often take care of others before taking care of ourselves," said Mary Ann Bauman, M.D., Go Red For Women spokesperson and medical director of women's health and community relations at INTEGRIS. "And while our nurturing tendencies make us great mothers, spouses, sisters, friends and coworkers, it's imperative that we not only make heart healthy choices, but that we receive quality care from our health care providers. The Women's Choice Award provides the knowledge and information that helps women select providers who will meet their needs."

The Women's Choice Award is based on robust criteria that considers patient satisfaction, clinical excellence, and what women really want when it comes to treatment and a quality hospital experience. "Our mission is to reduce the risk for women and their families so they can make smart health care choices," says Delia Passi, chief executive officer and founder of the Women's Choice Award, and former publisher of Working Woman and Working Mother magazines.

The America's Best Hospitals for Heart Care list is determined by first identifying the top 25% of hospitals across the nation that offer a minimum number of cardiac and/or vascular services. Only hospitals that perform well clinically with regard to heart care measures reported to Medicare, and also have a high Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) recommendation score, a measure that is very important to women in choosing a hospital, are selected. Data provided is totally objective and uniform. No subjective considerations are used to determine the award winners.

"INTEGRIS Baptist Medical Center not only performed well clinically with regard to heart care measures, but it also had a high recommendation rate, a measure that is very important to women in choosing a hospital," adds Passi. "As the primary health care decision makers, women account for about 90 percent of all family choices when it comes to matters of health. Making quick decisions goes against her grain and women are seeking more information than ever before when making healthcare or hospital selections," added Passi.

Faith Community Nurses' Conference

The conference will be held March 6, 2015 at Crossings Community Center, 10255 N Pennsylvania, Oklahoma City, OK 73120 and is hosted by Faith Community Nurses Association (FCNA OK.)

FCNA OK is approved as a provider of continuing nursing education by the Kansas State Board of Nursing. This course offering is approved for 6.0 contact hours applicable for RN, LPN, or LMHT relicensure. Kansas State Board of Nursing Provider Number pending.

For registration information, contact Marilyn Seiler, 405-340-0691, ext 197 or email at parishnurse@stjohn-catholic.org or see the FCNA website: www.fcnaok.org for a brochure and registration form.

Oklahoma's Nursing Times

breath."

Dayna Goines,

RN



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

What scares you the most and why? Oklahoma City Indian Clinic

"Drowning...The thought of suffocating has always really scared me. I don't like the thought or feeling of not being able to

BSA.

"I am afraid of snakes because they are scary and slimy."



Markesha Robinson, LPN, PH Nurse Each week we visit with health care professionals throughout the Metro



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

"Spiders...They are too small and can be anywhere. I'm concerned that I may eat one by accident."



is looking out a window after dark. I'm afraid someone else will be looking back at me."

"What scares me the most



Sara Kernell, MSN, RN

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11th Annual Nurse Educator Conference: **THE NECESSITY OF MORAL COURAGE FOR ETHICAL PRACTICE IN HEALTHCARE** Featuring VICKI LACHMAN, PhD, APRN, FABN

WEDNESDAY • FEBRUARY 25 • 2015 Oklahoma City University, Kramer School of Nursing East

8:00 am	Registration Opens
9:00 am	Welcome and Opening Remarks
9:05 am	"Clinical and Educational Moral Dilemmas Requiring Moral Courage"
10:15 am	Break
10:30 am	"Moral Courage: The Skills and Traits Required
12:00 pm	Lunch (provided for all attendees)
1:00 pm	"Applying Principles of Moral Courage in Education: Specific Teaching Strategies"
2:30 pm	Closing Remarks
	or more information, visit our website at w.okcu.edu/nursing/global/continuing-education





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