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Hope Harbaugh, RN is full of compassion as she cares for the children at The Children's Center Rehabilitation Hospital in Bethany, OK.

by Vickie Jenkins, Staff Writer

At the Children's Center Rehabilitation Hospital in Bethany, OK is where you will find just one of the many highly skilled nurses, Hope Harbaugh, RN.

Hope grew up in Tulsa, OK, graduating from the University of Tulsa. She decided to pull up her roots and move to Oklahoma City, OK after she became a nurse. Spending much of her time volunteering at camps for children with special needs, she was given the opportunity to work at the Children's Center. What qualities do you think make a good nurse? "A nurse definitely needs to have plenty of compassion and be organized in a way to prioritize things in the right way," Hope replied.

What is your favorite part of your job? "I love my job here. I think my favorite part is when the kids come in one way and they improve so much the next time. What a blessing! Just seeing the children smile or hear them laugh; watching them grow and improve and seeing how they live up to their potential," See HARBAUGH Page 3

A community near you Integris launches new concept

by Bobby Anderson, RN, Staff Writer

A new healthcare delivery concept partnering Integris and Emerus Holdings, Inc. is popping up all over the metro.

And the move is creating more options for local nurses.

As part of its expansion initiative, Integris, the state's largest nonprofit health care system, entered into a joint venture partnership with Emerus, the nation's first and largest operator of micro-hospitals, to build and manage four new community hospitals.

"Oklahomans have told us they want quicker, more convenient medical care without compromising quality or safety," said Timothy Pehrson, president and chief executive officer at Integris. "These community hospitals allow us to do just that, bring high-quality care closer to home for many of the residents we serve."

In February, Integris Community Hospital at Council Crossing, 9417 N. Council Road., opened followed by Integris Moore Community Hospital at 1401 SW 34th St. at the end of the month.

In March, Integris Del City Community Hospital, 4801 SE 15th St, began accepting patients.

Later in May, the Integris OKC West Community Hospital at 300 S. Rockwell Ave., will open.

Emerus Holdings Inc., is the nation's first and largest operator of these small-format facilities and promises the new sites will bring a transformative concept of health care to Central Oklahoma.

Emerus Chief Executive Officer Craig Goguen said the company is honored to partner with INTEGRIS, an award-winning, highly respected health system brand, as it expands its footprint throughout central Oklahoma.

"Our transformative concept of health care allows great health systems like Integris to expand its reach into the community to provide a variety of patient services that are fast, convenient and economical," April 1, 2019

INTEGRIS

Continued from Page 1 Goguen said.

Christopher McAuliffe, BSN, MBA, RN, CAPA is the Emerus market chief nursing officer and says the new concept will bring options for both consumers and health care workers.

"In addition to serving areas considered underserved in their healthcare needs, the small-scale, fully licensed inpatient hospital is open 24 hours, seven days a week," McAuliffe said. "It is conveniently located in communities where patients live, work and play, providing them with quick and easy access when they have emergency medical needs. If the patient requires additional specialty services, working with our partner, INTEGRIS Health, we can quickly access appropriate services and make transfers, as needed."

McAuliffe said the concept is using the same electronic medical record system used by Integris.

The small-scale inpatient hospital provides many efficiencies resulting from its smaller footprint. Parking is ample and accessible, compared to the large hospital setting.

"There are several resources, from a clinical standpoint, that improve quality



Integris and Emerus Holdings, Inc. have partnered to open four new micro hospitals in the metro.

of care," McAuliffe said. "We have a CT/X-ray room dedicated specifically to our patients. We do not do any outpatient diagnostics, leaving the RT to focus only on those patients who come through the ED or an ordered inpatient test."

"We also have staff cross-trained to do many different roles. All clinical staff, RT, ED Tech and Nursing staff are thoroughly trained in our lab. This allows us to quickly complete a lab order, from start to finish, without having to wait on the tube system or on another department in a remote location to complete."

McAuliffe stressed that the hospitals will operate through a teamwork concept that has Emerus numerous awards including the Guardian of Excellence Award for Superior Patient Experience from 2013 to 2017.

These new community hospitals will serve a variety of patient needs including emergency medical care, inpatient care and other comprehensive health services. While the ancillary services vary, each community hospital has a set of core services including the emergency department, pharmacy, lab and imaging.

The rest of the services depend on the needs of the community, but common examples include primary care, dietary services, women's services and low-acuity outpatient surgeries. The community hospitals offer:

• Health system integration — allowing for care coordination, consultation and seamless transition across the care continuum

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 Inpatient bed capacity — allowing patients to stay closer to home when lower level admissions/recoveries are needed

• All patients accepted without regard to insurance or ability to pay, including Medicare, Medicaid and Tricare

• Community-based hospitals open 24 hours a day, seven days a week – offering ease of access to our patients

"The joint venture with Integris greatly benefits patients," McAuliffe said. "In the metro, several of the Integris facilities have been experiencing large volumes of patients, resulting in some challenges. Our 32 additional inpatient beds allow Integris the opportunity to have additional clinical resources.

"The 32 additional ED beds help reduce the strain on the often overcrowded Emergency Rooms Integris frequently experiences."



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HARBAUGH Continued from Page 1

Hope replied.

"The biggest challenge is not seeing the children improve as fast as we want them to. Being a nurse makes me want to be the fixer or the healer and sometimes, we have to be patient with each child as we wait for the child to improve," Hope answered.

Hope was influenced to be a nurse by her grandfather who was a doctor. "I remember spending a lot of time at his doctor's office and I loved hanging out there. I liked the way he had such a positive interaction with all of his patients. Back then, he convinced me to be a people pleaser and work hard in everything I did. I think I have survived the true meaning," Hope commented. "I feel like I had a real calling to be a nurse. I love taking care of people, getting to know them and hear their stories," Hope added.

When asked Hope to describe herself, she said, "I have helped with the special Olympics and different camps for the handicapped. I am an advocate for children and speaking out for them. I am family oriented April 1, 2019

and like being close to my friends." "My biggest asset at work is my patience. I go with the flow and enjoy taking care of all ages of children here at the Children's Center, I'm not picky and I won't argue about anything," Hope commented. Since Hope is a fairly new nurse

Since Hope is a fairly new nurse at The Children's Center, it was a real honor for her to receive the core value 'Compassion Award' recently. It was easy for others to cast their vote for her.

Hope has been on quite a few mission trips with her family and her church group; helping others in Africa and Mexico. She also spends a lot of her time at different camps for children, such as Make Promises Happen. "I love going on mission trips. I recently got back from a trip to Mexico where we built houses and helped with Vacation Bible School. I can't wait to go on another trip like that," she said.

What is your all-time favorite T.V. medical show? "Even though that is an old one, I always liked Grey's Anatomy. Of course, a new and improved version of Grey's Anatomy is up and running now. "I've seen The Good Doctor several times and it looks like a good T.V. show. That may become one of my favorite shows," she said with a laugh.

What advice would you give to someone going into the medical field? "I would tell them to never give up, even though it might be easy to do. Yes, there will be plenty of ups and downs and there will be some struggles, just hang in there and don't give up!"

Asking Hope what she wanted to be when she was little, she replied, "I wanted to be a boy so I could play baseball. They wouldn't let girls play at the time," she said with a laugh.

"I am such a quote person and this quote got me through school; 'She believed she could so she did."

Summing up her life in one word, Hope said, "There is one word that I can think of that would describe my life and that would be, Blessed!"



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PASSION IN NURSING CULTURE OF KINDNESS: THE VERADEN

Located in the sought after city of Edmond, OK, you will find The Veraden, a clear choice for today's retirees and their families. With medical services, shopping, restaurants and hospital all close by, conveniences are built right it. Danna Johnson, RN is the Executive Director at The Veraden. Danna Johnson has been a nurse for over 25 years and an Executive Director at other long-term care for 11 years.

Opening in January in 2017, The Veraden modernizes and redefines the retirement experience. With independent, assisted living and memory care apartments, every need is addressed with styles and compassion.

Born and raised in Dodge City Kansas, Danna attended school in Kansas and the Belleview University of Nebraska. She moved to Oklahoma City, OK in 2010.

What qualities make a good

Vickie Jenkins - Writer/Photograp

nurse? "A nurse needs to be caring and compassionate, striving for excellence in everything they do, have a positive attitude and make the residents happy. The residents come before anything else," Danna replied. "There are 142 residents here and each one of them is special in their own way. Their care is the main focus of the caregivers here at The Veraden," she added. "The title of Executive Director is only as good as the people underneath them," Danna commented. "Here, we care about the one-on-one with the families. Everyone works very hard making the residents happy. Their happiness makes the whole day brighter."

What is your favorite part of your job? "I love spending time with each of the residents and I like helping serve their lunch to them, helping any way I can. I think I spend more time in the dining area than anywhere else because I want to visit with all of the residents," she said. "The number one concern is to make the resident feel loved, cared for and happy. I like to make them smile and laugh!" Danna answered.

"The biggest challenge in healthcare is the turnover in our 3-11 shift. Sometimes, the third shift can be the hardest shift to cover. We always seem to manage though and I think that is because everyone is willing to help out the other. Teamwork plays a very important part in working here, "Danna said.

Danna enjoys her job as Executive Director and sees herself here at The Veraden in five years from now or longer. "I like my work here and there are a lot of great nurses, caregivers and staff here. We support each other and we all help out in any way that we can," Danna said. "That can be hard to do in a workplace such as nursing and long term care, "she added.

Asking Danna to describe herself, she replied: "I am a happy-go-lucky person; I smile a lot and laugh a big portion of the time. People say that I have a contagious laugh and the residents know when I am coming down the hallway. We try to keep the residents happy. None of us want to let the residents feel sad about anything," Danna commented.

Recognition speaks volumes here at The Veraden. "We got voted as being the best Senior Care facility in Edmond, OK for 2018. It was such an honor because the people of Edmond voted for us and votes were announced in the Edmond Sun newspaper that we won! We even won over the winners that had been chosen for the last nine years. What a great feeling to be honored as the best senior facility in Edmond, OK," Danna said. "In April 2019, there See VERADEN Page 5



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Danna Johnson, RN is the Executive Director of The Veraden, where you will find independent living, assisted living and memory care.

VERADEN Continued from Page 4

will be an Awards Banquet and one person from each area (The best of the best) of Veraden will be chosen and for that reason will attend the Annual Banquet."

Danna enjoys spending time with her husband, Tony and her daughter Hannah - 16 and son Dean - 10. "Family time is very important to me," Danna said. When asked what her favorite T.V. medical show was. "I hardly ever have time to watch T.V. but when I did; my favorite medical show was ER. I guess that tells you how long it has been since I watched a show like that," she said with a laugh.

"Every day at work, I start off with a positive quote for our nurses, caregivers and staff. I like to set a positive attitude first thing in the morning. It seems to brighten everyone's day, along with the residents," Danna said.

On a personal note, Danna's daily words of encouragement are live, laugh and love. "I live by those words every day," she said.

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The Children's Center Rehabilitation Hospital Receives LAMP Certification

The Children's Center Rehabilitation Hospital in Bethany was recently recognized as a designated LAMP Certified Center of Excellence.

LAMP, Language Acquisition through Motor Planning, is a therapeutic approach based on neurological and motor learning principles.

The goal of the LAMP intervention model is to give individuals that are nonverbal or who may have limited verbal abilities, a means to express themselves independently.

The developers of LAMP created a program pairing consistent motor movement, consistent auditory feedback and a natural response, while using a speech generating device. According to the Center of AAC & Autism, this approach improves language and communication by imitating the neurological processes associated with typical speech development. This method provides the individual with a language system that has the capability to allow developmental language progression from single words to fluent communication.

"The inability for one to effectively communicate their wants, needs and desires directly impacts their quality of life, ability to develop relationships, educational opportunities and overall development," said Erin

March, therapy manager, The Children's Center Rehabilitation Hospital. "Finding a way to provide active and interactive communication like LAMP, is exciting and rewarding for the patients and the staff. Here at The

Children's Center Rehabilitation Hospital, we are committed to learning and implementing evidenced-based methods to help give our patients a voice."

To learn more about The Children's Center Rehabilitation Hospital, please visit our website at **www.miracleshappenhere.org**.

2019 OK HPNA



Page 6

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Page 7

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From DJ to Fleetwood Mac to Survivor: One Woman's Journey Attacking Cancer

Lizz Caywood lived a charmed life growing up in Oklahoma City. She had just been out of high school a few years when she landed a job as Oklahoma City's first female disc jockey.

"I always loved music, and a friend of mine called and said they were opening a new nightclub," she says. "They needed a DJ, and he recommended me for the job. I played all the hits of the day from ABBA, the Bee Gees and Donna Summer. Those were fantastic times."

That gig led to a chance encounter with Judy Carne of "Laugh In" fame, who offered Caywood a job in Los Angeles as her personal assistant. In turn, that led to an introduction to Fleetwood Mac, and a job touring with the band as an assistant to lead singer Stevie Nicks.

"It was life in the fast lane for sure," Caywood remembers. "I met Rod Stewart, and actors like Robert Wagner and Stefanie Powers. I had dinner with Cher one night when she was married to Gregg Allman. But then it was time to come home, and by the 1980s, I was ready."

Settling on a career in real estate, Caywood became one of the top sellers for Oklahoma City's Churchill-Brown Realtors. But life threw her a curve ball.

"I began having a pain in my breast," she recalls. "It was 2002, and



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Lizz Caywood advice is to Reach out to friends and programs or a hotline to help answer questions and lend support.

I was 47 years old when I went in for a biopsy. One of the hardest parts early on was waiting, because I had the biopsy and then it was Martin Luther King Day weekend, which meant I wouldn't find out the results until the following Tuesday. Finally, I heard the results."

Initially there were a lot of tears, she said. There was fear, and then came determination.

"My dad had been very athletic when he was younger, and then an accident left him severely handicapped," she said. "But he never gave up, and that is what I was determined to do. I knew I couldn't, or wouldn't, just go quietly. I had a fight ahead of me, and I just knew instinctively it was a fight I had to win."

So, the process started. A double mastectomy, chemotherapy, the inevitable hair loss.

"One day some of my best girlfriends came over to visit," Caywood said. "I know I must have looked bad—a bald little person as white as the bed sheets I was laying on. I didn't feel great, but I felt okay. Then my friends left the room. I heard them crying out in the hallway. I got out of bed and said 'Look you guys, I'm going to win this fight. I'm not going to die!""

After a year of treatments, the tests showed her to finally be cancer-free.

"The chemo had taken its toll on my body, and I had some other ailments to deal with. But it wasn't cancer. It was gone. Now it's 17 years later and I'm still doing great!"

And Caywood has some sage advice for others who may be facing a similar circumstance.

"Reach out to others," she says emphatically. "I had my circle of friends who helped me through, as well as my family. The Oklahoma American Cancer Society is another great source, so many programs that can help. They can give you a free ride to treatment or a place to stay, or a hotline that can answer your questions.

"Just don't try to do it alone," Caywood adds. "Use the resources available. It will help, I promise. I've been there. Remember each day is a blessing. Live life to the fullest. Let go of the past, hold on to what is most dear and love with all your heart. You've got this." April 1, 2019 (AS PUBLISHED IN THE 2019 EDUCATION GUIDE TO NURSING)

SWOSU is One of Oklahoma's Best Universities

By any measure, Southwestern Oklahoma State University with campus locations in Weatherford and Sayre is considered by many to be the home of one of Oklahoma's best universities. SWOSU is known for its quality programs having 14 nationally accredited academic programs—most among the senior regional universities in Oklahoma.

The *SWOSU* School of Nursing offers five programs: the traditional BSN program taught on campus and four online degrees for students who are already RNs: RN to BSN, MSN in Nursing Education (graduate), MSN Nursing Administration (graduate), and MSN Nursing Informatics (or

MSN Nursing Administration (graduate), and MSN Nursing Informatics (graduate).

SWOSU also offers online professional programs in Health Information Management, Healthcare Informatics and Information Management (graduate). The university also has two contractual agreement programs between *SWOSU* and Caddo Kiowa Technology Center for the Occupational Therapy Assistant and the Physical Therapist Assistant Programs.



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Page 9

Compassion for Patients and Understanding of Cancer: Mary Blankenship Recognized as Daisy Award Winner

Mary Blankenship, RN, MSN was recently honored as a winner of a DAISY Award at Cancer Treatment Centers of America® Tulsa. The Daisy Award is an international program that rewards and celebrates the extraordinary, compassionate and skillful care given by nurses every day. And, if you ask Mary, she would tell you that she is fulfilling her calling by caring for patients at CTCA Tulsa.

Mary grew up on a farm in southeast Missouri and lost her father to cancer.

"I was just four years old when my dad was in the hospital battling cancer," she explained. "My family had to sneak me in to visit him, and that entire experience was one that influenced me to go into a career of nursing."

That interest grew into a passion for patient care and nursing as she received her BSN from Arkansas State University, followed by her MSN from Oral Roberts University with an education role and specialty in critical care. She has been employed in various bedside nursing positions throughout her career and served as a faculty and nursing director for nearly 28 years.

Mary got her first introduction to CTCA when she served as a consultant and helped develop policies and procedures for the opening of CTCA's Tulsa hospital. After seeing the culture and positive outlook of the facility's staff, she knew she wanted to be a part of the CTCA family.

"The care that I saw here left a strong impression on me," she said. "I knew I wanted to return to the bedside at CTCA, and now I have been an employee for the past six years."

Mary works at CTCA as a



chemotherapy/biotherapy-certified oncology nurse and she manages the care of patients in the ICU night shift as well as inpatient oncology and infusion areas.

Her patients continually compliment her about the high level of care that she provides for them and are so appreciative of the time and love she gives them.

"Mary was my nurse when I began chemotherapy," said one recent patient. "She helped educate me about what was happening and what to expect. She was by my side the whole way."

It's opportunities like this every day that make all the work worth it for Mary.

"I love working with the patients and families here," she said. "Everyone comes to this place with hope, and I am blessed to be a part of their care. Because of my family's history with cancer, that influences how I care for my patients, and I feel privileged to be a part of this wonderful team."



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

When the writing is on the wall and I read it over and over again, why do I not leave? When do I know I have had enough? -- Donna

Donna goes on to share: "I have been in a marriage with Dale for 4 years. We got married because we loved each other, communicated well, great intimacy and wanted to share our lives together. The first six months were enjoyable. I really had no big complaints. We both had children from previous marriages and grandchildren and enjoyed our time together."

"As time went on, Dale showed less interest in wanting to be with my family. He would attend gatherings and sit by himself rarely socializing. When I asked him why he said, "I have nothing to talk about. Eventually he quit attending. I attend all his family gatherings, he expects me too."

"Intimacy, both physical and communication begin to diminish. One of my love languages is physical touch, I have to beg him to hug me. I suggested we go to counseling, which he agreed to do but told the counselor that he was going because his wife told him to go. He didn't see any problems."

"I have been trying to find ways to bring us closer and he finds ways to keep us apart. I have two close friends that I share my thoughts and feelings (I have been for almost two years) and I think they get tired of me saying the same things."

"I did not get married to get divorced, I am angry, I feel like I have been deceived. Is it time to go?"

When deciding if it is time to go, in addition to talking to a counselor and close friends, journal thoughts and feelings. Donna was encouraged to write her reasons for staying and for leaving. What are the issues in the marriage that she can no longer live with?

When anger becomes more intense it will be acted out either directly or indirectly. It is definitely bad for the body to harbor anger. Donna realizes she cannot improve the health of the marriage by herself. Dale was not interested in therapy and Donna believes he could continue in the marriage as roommates but she cannot.



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