

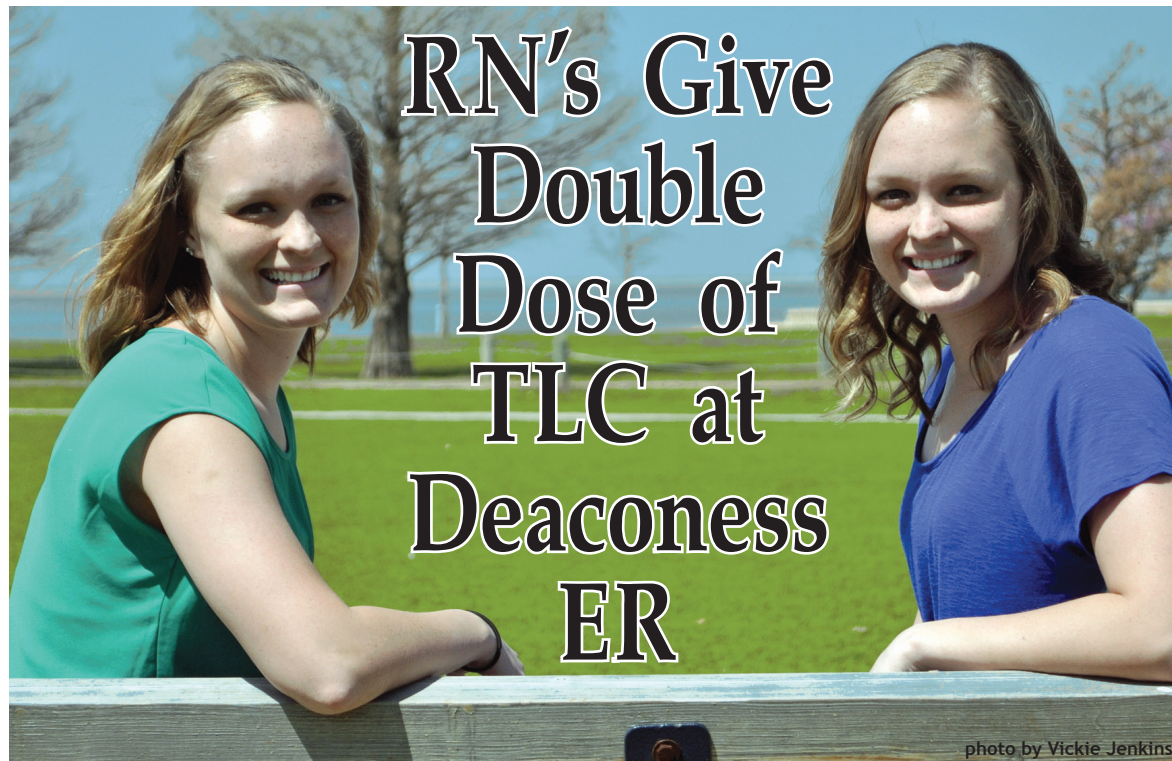
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## RN's Give Double Dose of TLC at Deaconess ER

photo by Vickie Jenkins

Identical twins, Savannah Blasdel, RN and Jessicah Blasdel, RN cause people to take a double look everywhere they go.

by Vickie Jenkins

Meet Savannah and Jessicah Blasdel, both RN's at Deaconess hospital, working in the ER. It is true what they say about some twins finishing each other's sentences or speaking at the same time, which happened while interviewing them. Identical twins in the ER, sounding alike, looking alike, both dressed in blue scrubs can be a little puzzling to some people. It is easy to see why some

of their co-workers, patients and even doctors get them confused sometimes, especially when these two RN's work the same shift. "The patients get us mixed up all the time," says Savannah. "When we first started working in the ER, some of the other nurses didn't know there were two of us," she adds. "Even the doctors were surprised when we were working the same shift. They thought we were very busy," Jessicah says with a laugh.

Savannah and Jessicah have been best friends for their 22 years. They were in the same classes in elementary school and pretty much all through high school and nursing school at UCO. "We do everything together," they say in unison. Both Savannah and Jessicah became RN's in January 2015 and knew they wanted to work in the emergency room at Deaconess. I asked them why they wanted to begin their nursing career in the ER. They both like the fast-pace of handling situations under pressure and emergency situations. They both agreed that they like taking care of patients of all ages, from babies to the elderly.

"What advice would you give to someone going into

## Zest for personal best St. Anthony ER nurses are ready



photo by James Coburn

Angela Woodard, RN, St. Anthony Hospital ER network educator, feels called by God to share the healing touch of God's mercy, she says.

by James Coburn, Staff Writer

Angela Woodard has found that with emergency room medicine, one never knows the type of ailment will challenge her skills when a new patient enters St. Anthony Hospital in midtown Oklahoma City.

"Life is like a box of chocolates. You just never know what you're going to get," said Woodard, RN, St. Anthony Hospital ER network educator.

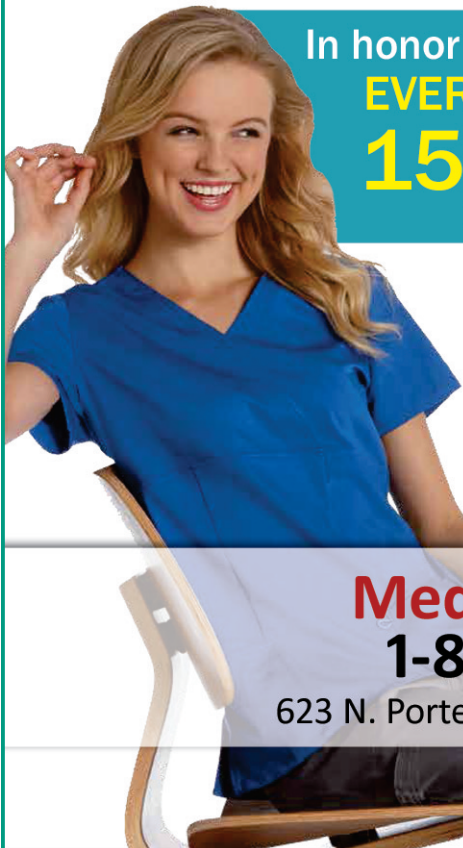
"That's what an ER is," she said. "I can work on an infant the first part of the day and see a critical patient and also get to hold the hand of an elderly patient to help them through a diagnosis."

Woodard began her career with Saints in 2011 just before St. Anthony opened its first healthplex in 2012. The title of ER network educator was created and

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## TWINS

Continued from Page 1

the medical field?" I ask them. Savannah gives the advice, "Don't be too hard on yourself and make sure it is a job that you want." Jessica says, "expect the unexpected. You never know what is going to happen next." Asking what their strongest asset is, Savannah replies, "I can stay calm in any situation, especially emergency situations." Jessica says she learns quickly, which is a real need in the ER." Both Savannah and Jessica agree that each patient that comes into the ER should be treated equally, no matter what their background is or what their beliefs are.

"Savannah, in your opinion, what makes a good nurse?" "I think a good nurse needs to be compassionate, caring and understanding at all times." "What about you Jessica, what makes a good nurse?" "I think a nurse needs to treat everyone like they are equal, treating them with kindness and respect." Between the two of them, Savannah and Jessica make one fantastic team!

Savannah's favorite thing about being a nurse is the fact that she

**"I would describe Jessica as kind, compassionate and a little more outgoing than me."**

**Savannah Blasdel, RN at Deaconess hospital**

is caring and understanding, helping the patients with any and everything they need. She likes the challenge of it all and the interaction that happens between herself and her patient. Jessica likes helping the patients and caring for them, knowing that she has done her best as a nurse. "Savannah, how would you describe Jessica in 3 words?" "I would describe Jessica as kind, compassionate and a little more outgoing than me," she says with a smile. "Jessica, how would you describe Savannah?" "She is quiet, fun and easy-going."

In their spare time, Savannah and Jessica do weight lifting and enjoy walking and jogging. They graduated from Edmond North High School and both have the musical ability of playing the violin. Working as nannies was enjoyable for them. Now, they share an apartment with their new rescue puppy, a Chihuahua mix named Layla. Savannah and Jessica like the same kind of music, everything from Country, Christian

and Pop. Their favorite restaurant is PappaDeaux Seafood Kitchen in Texas but they love all kinds of seafood. Asking what their favorite TV show is, they both reply, Friends.

"What is the most rewarding thing about being a nurse and working here at Deaconess?" I ask. "We enjoy helping the patients and talking with the family members knowing that we make a difference. It is nice to see the patients get better, knowing that we had a part in the patient feeling better," Savannah replies. "We love our job," Jessica adds. "Would you say there are any advantages to being a twin?" I ask. "We always have someone to talk to and share things with," Savannah says. "Everything is twice as fun," Jessica adds.

If you ever find yourself in the ER at Deaconess, you may see Savannah doing what she does best, caring for the patients. Oh wait, that might be Jessica that you see. Probably both of them.

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# CAREERS IN NURSING

## GOOD CHOICES: POSITIVE OUTCOMES MOTIVATES ORTHOPEDIC NURSE

by James Coburn - Writer/Photographer

Jennifer McGuire is one of those people whose enthusiasm is contagious when meeting her. She puts that quality to task as a registered nurse and as the director of acute care at McBride Orthopedic Hospital in Oklahoma City.

She has a mending spirit, which goes far in the realm of orthopedic nursing.

McGuire earned a Bachelor of Science in Nursing degree from Northwestern University in Alva. She has served 13 years as a nurse, a decade of that time served with McBride.

"I've been here since we opened and it has been a really neat experience," McGuire said. "It's really awesome to see how really far we've come and how neat of a hospital this is proven by what we do here. It's been an awesome journey."

A native of northwestern Oklahoma, McGuire began honing her skills years ago as a unit clerk in a rural hospital. Stepping stones

led her from being a certified nurse aide to a licensed practical nurse and an RN.

She found that rural nursing is very dear to her heart, and she takes that friendly persona wherever she goes.

"They're in the rural areas so they see so many things in the ER to stabilize patients to transfer," McGuire said. "They have to do a lot of things that we get to focus on in orthopedics, for example. They get to do the whole gamut of nursing."

McGuire was formerly the assistant director of nursing at McBride. When she came to the hospital, she had the role of house supervisor.

Her mother is also an RN in Shattuck and inspired McGuire's passion to serve others as a nurse. As a child growing up, her mother would tell her about the type of care she would render to patients.

"As a unit clerk in that hospital, I would watch other nurses work,

so a lot of them are my mentors," McGuire said. "I learned a lot from them -- a good work ethic and good nursing skills. And they really inspired me to become a nurse and to do things the right way, not only to your patients, but to your coworkers. It's a whole package of working well with people and working well with your team."

McGuire remembers injuring her knee during high school. The injury required surgery, which was enlightening for McGuire.

"That was also another time I got to be around the nurses at the hospital," she said.

The myriad of skills sets she has learned in her career compliments her work today at McBride. The McBride physicians group are good to their employees, she said.

"They have a wonderful hospital with awesome outcomes for their patients. I feel very fortunate to be able to be in this position because nurses are givers and are constantly

helping," McGuire said.

Her role as director of acute care enables her to make sure the team of orthopedic nurses have all they need for patient care. This desire to care for others is why they embarked on a nursing career, she mentioned.

"I'm a helper-giver, too, for the nurses that are out there doing a good job for our patients here," McGuire said. Her role encompasses acute care as well as emergency room services.

Kindness goes a long way in orthopedic nursing. And McBride nurses blend their compassion with knowledge, she said, because they genuinely care about humanity.

"They enjoy their patients," McGuire said. "Our ratios really allow them to provide the type of care that brought them into nursing. They're a very special group. They're an awesome group. They work well

Continued on next page



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As director of acute care at McBride Orthopedic Hospital in Oklahoma City, Jennifer McGuire enjoys getting to know each patient and seeing successful outcomes on a daily basis.

#### Continued from Page 4

together as good team players. They just really enjoy orthopedics."

The majority of patients at McBride have a total hip or knee replacement surgery. Also in the mix are some back, ankle and shoulder procedures, she said. The average length of stay for a patient is three days before case management services work with them as far as their discharge plan regarding their next step of recovery once they are discharged from the hospital, McGuire said.

"We have physical therapy that works with them on the unit as well," she continued.

"They help patients learn their exercises and how to get up and be level safely."

McGuire has also met some interesting people as a McBride nurse. The hospital considers every patient a very important person. Of course some of the patients are high profile in the community and across the nation.

"We protect everybody's confidentiality very well," she said.

She said it's also heartwarming to get to know every day Oklahomans, many of whom travel from rural

portions of the state and beyond. Some patients come to McBride from foreign lands.

"They come for services because the doctors do such a good job," McGuire said.

Her ability to provide quality care motivates her to further excel as a nurse, she said. Each day brings her the opportunity to spend as much time as she needs with every patient she meets.

A random act of kindness goes a long way in her career and in her transition to life at home, where McGuire is a co-leader for a Girl Scout troop.

"Our troop has been together since they were kindergartners," she said. "And we're 6th-graders now, and we've been from Daisys to Cadets. They're a very special bunch of girls so we stay busy doing service projects."

Some of the girls ask her about being a nurse. Being an orthopedic nurse allows McGuire to help the girls achieve their badges. They learn about CPR, the Heimlich maneuver and disaster preparedness.

Perhaps, she will inspire some of the girls to become nurses.

## WOODARD

### Continued from Page 1

Woodard was asked to accept the role that oversees the main campus in midtown Oklahoma City and all of the four ER healthplexes that cover emergency health needs throughout the metroplex.

"I love teaching the ER nurses a little bit more about the ER itself -- critical thinking skills and introducing the higher level skills -- the equipment of the ER and getting into the critical concepts," Woodard said.

St. Anthony is constantly fine tuning its response to the needs of patients entering its emergency departments. It is growing geographically in all directions within the metropolitan area, but also by hiring more staff to meet the needs of a progressive population of residents, Woodard said.

Within the facilities themselves, the quality of care is being enhanced. And this measure of commitment is important and exciting for Woodard, she continued. She's proud to be part of an advancing team professionals with critical thinking skills, Woodard said.

"Our ER visits have grown tremendously," she said. "The networking for our physicians' clinics has also grown dramatically. Right now is really an exciting time for St. Anthony."

What she shares with the nursing staff helps them stay abreast with the modern world. Among the areas Woodard teaches is advanced cardiac life support, pediatric advanced life support, a trauma nursing course and helps nurses to stay current with their stroke certification notifications, she said.

Woodard emphasizes that a child in not a small adult when she teaches about the care of acutely ill infants and children.

"They require specialized equipment and specialized care," Woodard explained.

The trauma nurse course is about the core concepts of trauma nursing itself. It breaks down the systems of care by educating ER nurses about what to expect for different types of trauma.

"The stroke class teaches the St. Anthony specific hospital policy on stroke," Woodard continued. "It reinforces St. Anthony stroke guidelines such as how to treat

patients with medications like TPA for clot busting."

She admires St. Anthony nurses for wanting to grow in their careers. The group of emergency department nurses she has met at St. Anthony is outstanding, she said.

"They are just brilliant nurses that thrive and want to learn more." Woodard said. "Any topic that comes up that they may not be strong in -- they are all requesting information. They have a willingness to learn which is really exciting."

Woodard takes great strides to keep up with the wealth of information that she shares with the ER team. She reads emergency and critical care journals and is constantly researching new topics of information that is vital for patient care, Woodard said.

"When new guidelines come out, I try to share those as soon as possible," Woodard added.

She is also the mom of three teenage daughters, which keeps her busy when away from St. Anthony, said Woodard, the wife of an Oklahoma City fireman.

"I love to garden," she said. "And the rest of the time is trying to keep up with them and keep them organized," Woodard said with a smile.

Her career does not degrade her inspiration for life.

"It just constantly makes me want to keep my skills current," she said. "It makes me feel that in all those different situations that I can make a difference. And that's why I stay."

What she appreciates most about Saints is that she never has to worry about sharing her faith for the comfort of others.

"You realize that God put you in situations, and you have no reason or understanding of why you're there at the time," Woodard said. "And to use you, whether it's to be a comforter, or whether He's using you for your skill set that you know the most or that you've perfected.

"He's using you that way."

Woodard said she never has to hide her faith at St. Anthony Hospital, whereas other hospitals may not encourage the expression of faith so openly.

"I love that about Saints," she said. "If I feel God move me, I can ask, 'Do you mind if I pray with you?'"

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

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

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

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

140 GENERAL NURSING

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

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

**We are seeking ACMA for the following positions: 3-11 Monday-Friday 11-7 Tuesday-Saturday (may be flex) Weekend Doubles. 7-3, 3-11 Also a Nurse Aide.**  
North County Assisted Living in Collinsville seek ACMA for the following positions: 3-11 M-F 11-7 Tues-Sat (may be flex) Weekend Dbles. 7-3, 3-11 Also a Nurse Aide Exp. req. Self motivated. Call Shannon at 918-371-1919. 523 N 22nd St, Collinsville, OK 74021

140 GENERAL NURSING

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

**We are Seeking Nurse Aides, Cooks, Licensed Practical Nurses and Weekend Housekeeper**  
for Brookhaven Extensive Care in Norman. Great benefits and competitive pay. Please apply in person at: 1050 Rambling Oaks Drive, Norman, OK 73072 or call (405) 292-2273.

**Dietary Cook**  
Higher Call Nursing Center. Apply in person: 407 Whitebird, Quapaw, OK (918) 674-2233

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

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



**OKLAHOMA HEART HOSPITAL**

**Registered Nurse - Cath Lab**

Responsible for direct patient care in the assigned department and as needed in other areas of the Oklahoma Heart Hospital. Demonstrates knowledge and adherence to JCAHO, federal, and state regulations. Actively participates in the routine checks of all equipment used in the cath lab. Collaborates with the team leader, resource nurse and all other team members in idea sharing, utilization of resources, as well as assists in the cross training of the staff when assigned. Assists the team leader as needed for projects aimed at achieving the hospital mission and incorporating the values of the hospital in day-to-day activities. Participates in and encourages teamwork to provide patient-focused care.

**Shift available: FT 40 hrs per week (4 - 10 hr days)**

**JOB REQUIREMENTS:** Graduate of an accredited nursing program. Registered Nurse with current state licensure, ACLS within 18 months of hire and current BLS certification required. CCRN preferred. Minimum of 1 year continuous cath lab experience preferred. Previous critical care experience preferred. Able to monitor, scrub, and/or circulate on all Cath Lab procedures including Electro physiology, Pacemaker and AICD insertions.

**Apply online:**  
[www.okheart.com/open-positions-external](http://www.okheart.com/open-positions-external)  
 Oklahoma Heart Hospital considers all qualified applicants including protected veteran or disability status. AA/EOE



**140 GENERAL NURSING**

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

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**WE ARE ACCEPTING APPLICATIONS FOR:**  
**MED AIDE 2-10 MONDAY-FRIDAY**  
 Apply at: SPLC 8515 N.123rd E. Ave. Owasso, OK

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

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 for children with developmental disabilities



**Part-Time Registered Nurses Needed**

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

**Send applications or resumes to:**  
**JD McCarty Center**  
 2002 E. Robinson  
 Norman, OK 73071  
 405-307-2800  
 Fax: 405-307-2801  
[resumes@jdmc.org](mailto:resumes@jdmc.org)



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**Full Time & PRNs**

**Call to schedule an interview: 580-695-1306**

**1553 North Porter Ave. Norman, OK 73071**

**Apply online:**  
[www.sooneracutedialysis.com/careers](http://www.sooneracutedialysis.com/careers)

**140 GENERAL NURSING**

**Registered Nurse needed Thursday-Sunday 6am-2pm shift. Certified Medical Assistant needed Friday-Sunday 10pm - 6am shift, Certified Nurse Assistants all shifts.**

HELP WANTED! COWETA Manor Nursing Home RN needed Thursday-Sunday 6am-2pm shift. CMA needed Friday-Sunday 10pm-6am shift, CNAs all shifts. We welcome you to join our family friendly facility! Sign on bonus offered for CNAs and CMAs. Call Tammy for interview 918-486-2166. 30049 E 151st St S Coweta, OK 74429-4544

**140 GENERAL NURSING**

**Now taking applications for Certified Nurse Assistant and Certified Medical Assistant positions for all shifts. We are also taking applications for 11-7 Licensed Practical Nurse FORREST MANOR NURSING CENTER is now taking applications for CNA and CMA positions for all shifts. We are also taking applications for 11-7 LPN. Come join a team of long term employees who take pride in providing excellent care to our residents. WE NOW OFFER the following: Medical, dental, vision, life, disability, cancer insurance, vacation and holiday pay. Bonus Pay for extra shifts, weekly and monthly awards for performance. Rate of Pay is as follows; 3p to 11p-\$11/ 11p to 7a-\$11.25/ Weekend \$12. Please apply at 1410 N Choctaw Street, Dewey, OK**

**We Are Looking To Add Licensed Practical Nurses For 2-10 And Night Shift. Also Hiring Certified Nursing Assistants.**

The Bartlesville Health And Rehab Community Family Is Looking To Add Lpns For 2-10 And Night Shift. Also Hiring CNAs. We Offer Major Medical, Dental And Vision To Full Time Employees, As Well As Payroll Deductions Such As Scrubs And Shoes. Come Apply At 3434 Kentucky Place, Bartlesville, OK 74006

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

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

**Now accepting applications for Full-time/Part-time 7-3, 3-11 and 11-7 shifts Certified Nursing Assistants and Certified Medical Aides. We offer competitive benefits/wages in a positive, friendly work environment.**

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

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

WILLOW HAVEN Nursing Home. We are looking for a C.N.A days and A C.N.A for weekend doubles. We also have an L.P.N open for 10 to 6 shift. If you are tired of not being a team, come work for us. We are a small home with a home like atmosphere. 1301 N 5th, Tonkawa, OK 580- 628-2529

**Now hiring Nurses. Competitive salaries and benefits including BC/BS. All shifts are available. We are looking for nurses with strong leadership skills to join our team. Come join our dynamic staff!**

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

**161 LICENSED PRACTICAL NURSING**

**We have an immediate opening for a hardworking, full time 10 PM - 6 AM Licensed Practical Nurse**

TEN OAKS A Brookdale Senior living community, has an immediate opening for a hardworking, full time 10 PM-6 AM LPN. Please fill out application at 3610 SE Huntington Cir., Lawton, OK. No phone calls please. EOE.

**161 LICENSED PRACTICAL NURSING**

**We Are Currently Hiring Licensed Practical Nurses**

Monroe Manor is currently hiring LPN's @ \$17.50 for all shifts. Apply in person at 226 E. Monroe St. Jay, OK, EOE

**161 LICENSED PRACTICAL NURSING**

**EXPERIENCED LICENSED PRACTICAL NURSE NEEDED FOR 3PM-7AM SHIFT.**

Apply in person Broken Arrow Nursing Home. 424 N Date Ave, Broken Arrow, OK 74012

**161 LICENSED PRACTICAL NURSING**

**MEDICAL PRACTICE SEEKS LICENSED PRACTICAL NURSE TO JOIN OUR FAST-GROWING OWASSO, OKLAHOMA TEAM. CLINICAL AND TRIAGE EXPERIENCE PREFERRED. COMPETITIVE WAGES, SALARY AND BENEFITS. FAX RESUME TO 918-307-2454 ATTN: TRACY. 9311 SOUTH MINGO ROAD TULSA, OK 74133-5702**

**204 REGISTERED NURSE**

**We are currently hiring Registered Nurses**

Monroe Manor is currently hiring RN weekdays \$27 per hr. and RN weekends \$33 per hr. Apply in person at 226 E. Monroe St. Jay, OK, EOE

**We are looking for Registered Nurse, Director of Clinical Services,**

Entrusted Hearts by Baptist Village, Lawton. Medicare and home health experience preferred. 60 N.W. Sheridan Road Suite 6 Lawton, OK 73505

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## Oklahoma City Resident Sheila Kennedy-Stewart Attends 2015 Nurse in Washington Internship

Sheila Kennedy-Stewart, MSN, RN, CMSRN attended the nurse in Washington Internship (NIWI) held by the Nursing Organizations Alliance (The Alliance) in Washington, DC, March 15 - 17, 2015.

Kennedy-Stewart joined more than 75 conference attendees, including registered nurses and nursing students from several different states. NIWI provides nurses the opportunity to learn how to influence health care through the legislative and regulatory processes. She had the opportunity to attend informative and educational sessions, learn from expert nursing advocates and government officials and network with other nurses. All of these activities culminated with visits to her members of Congress on Capitol Hill.

"Attending the 2015 Nurse in Washington Internship was a valuable experience. The dynamic setting was ideal for educational activities and networking with nurses from across the nation," says Kennedy-Stewart. "I look forward to sharing my newly

gained knowledge to enhance my influence on health care legislation."

Kennedy-Stewart is a Registered Nurse and Administrative Supervisor for Integris Southwest Medical Center and Nursing Adjunct Instructor for Southwestern Oklahoma State University and Oklahoma City Community College. She is a member of the American Nurses Association (ANA), Oklahoma Nurses Association (ONA), Academy of Medical-Surgical Nurses (AMSNA) and Sigma Theta Tau International (STTI).

The Nursing Organizations Alliance is a coalition of nursing organizations united to create a strong voice for nurses. The Alliance provides a forum for identification, education, and collaboration, building on issues of common interest to advance the nursing profession. For more information about The Alliance or the Nurse in Washington Internship, please contact the Alliance headquarters at (859-514-9157), [alliance@amrns.com](mailto:alliance@amrns.com) or visit our website at [www.nursing-alliance.org](http://www.nursing-alliance.org).

## Home Visits by Nurses Greatly Improve Breastfeeding Rates

### Leading Nursing Journal Published Study on Using Home Visits to Provide Breastfeeding Support and Screen for Jaundice

New mothers' concerns or problems with breastfeeding peak three to seven days after birth. At that time, the mother has typically left the hospital and lacks professional breastfeeding support. However, home-visiting nurses can help mothers navigate breastfeeding challenges. Having a nurse to address concerns like infant feeding problems or worries about milk quantity can help increase breastfeeding rates among mothers. It also enables them to maintain breastfeeding for longer, with numerous health benefits to their babies.

In the U.S., about 76% of women initiate breastfeeding after birth while at the hospital, but the rate drops to 38% at six months. Only 16% of U.S. newborns are exclusively breastfed at six months. With the goal of increasing rates of breastfeeding at six months and identifying any maternal or newborn health issues promptly, nurses in a Florida health system implemented an evidence-based nurse home visitation program for new mothers.

In "Enhancing Neonatal Wellness with Home Visitation," Carlo Parker, PhD, RN, CNL; Gene Warmuskerken, RN; and Lorna Sinclair, BA, RN, describe how the program implemented nurse home visits to evaluate the health of mothers and infants while also educating mothers about breastfeeding. This article appears in the February/March 2015 issue of *Nursing for Women's Health*, the clinical practice journal of the Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN).

The Mother Baby Home Visitation Project (MBHVP) paired mothers and their newborns with registered nurses for home visits at three to seven days postpartum to encourage exclusive breastfeeding and provide an overall health assessment, including monitoring infants for jaundice. Research shows that new mothers' concerns or problems with

breastfeeding peak during this time period, which results in many mothers stopping breastfeeding within the first two months of the postpartum period.

"It appears that the need for breastfeeding support extends past the time that most mothers have access to that support, suggesting that home or community-based interventions after discharge may offer the opportunity to continue and reinforce education and support on breastfeeding and neonatal care," wrote the authors.

Although research overwhelmingly shows that breastfeeding provides the best nutrition for newborns, 24% of mothers never breastfed their babies. Current guidelines from nursing and physician organizations recommend exclusive breastfeeding during the first six months of life, followed by continued breastfeeding during the first year or more as new foods are introduced.

"Early nurse visits to the home setting help build the patient relationship to address important health issues for mothers and their newborns," said AWHONN's CEO, Lynn Erdman, MN, RN, FAAN. "Supporting mothers in meeting their breastfeeding goals is central to the role of the nurse."

Adequate nutrition reduces the risk of the most common threats to newborn health during the first few months of life, including jaundice, weight loss and dehydration. For infants, breastfeeding is associated with reductions in obesity, sudden infant death syndrome (SIDS), diabetes, asthma, respiratory tract infections, and other conditions.

In-home or community-based breastfeeding support has been recommended as a strategy to reduce the incidence of newborn readmission of newborns for malnutrition, dehydration and jaundice. Previous research shows that support services can have a positive effect on

See VISITS next page

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## VISITS

Continued from Page 8

breastfeeding rates. Being face-to-face in a home setting facilitates a therapeutic nurse-patient relationship and helps nurses address important health needs for mothers and newborns. It also provides the opportunity for nurses to evaluate the home environment and educate mothers as needed.

The evaluation of the Florida program found that breastfeeding was started at a rate of 80% and at six months 56% of mothers were still breastfeeding. Additionally jaundice was better recognized, leading to quicker readmission and shorter average hospital stays for treatment. All participants reported satisfaction following the first visit and reported the program had helped them with continuing to breastfeed.

## Bone and Joint Hospital at St. Anthony to Host FREE Osteoporosis Lunch-and-Learn

Preventing bone loss is key to living a healthy and independent life. Bones play a vital role in the human body, and it's our job to keep them healthy and strong.

Join us Wednesday, April 22, at noon, as Richard Kirkpatrick M.D. and Health Kuklinski, PA-C, discuss osteoporosis. Find out who's at risk, prevention tips, treatment options, and why education on osteoporosis is so important.

The lunch-and-learn program will be held in the Education Center at Bone and Joint Hospital at St. Anthony, 1111 N. Dewey Ave., in Oklahoma City. The program is FREE, but seating is limited. Please call (405) 979-7814 to register.

### 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

#### Alleve Hospice: 405-605-7787

**Autumn Bridge Hospice:**  
405-440-2440

**Autumn Light Hospice:**  
580-252-1266

**Carter Healthcare & Hospice:**  
OKC - Adam Colvin, Vol. Coordinator,  
405-947-7705, ext. 134; Tulsa - Mike  
Gregory, Vol. Coordinator,  
918-425-4000, ext. 114

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

**Chisholm Trail Hospice:**  
Tiffany Thorne, Vol. Coordinator,  
580-251-8764

**Choice Home Health & Hospice:**  
405-879-3470

**City Hospice:**  
Beth Huntley, Vol. Coordinator,  
405-942-8999

**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

#### Hometown Hospice:

Robin Boatman, Com. Relations, Broken  
Arrow: 918-251-6441; Muskogee:  
918-681-4440.

#### 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

#### Freedom Hospice:

Tulsa: 918-493-4930; Claremore:  
918-343-0493; Tollfree: 866-476-7425

**Frontier Hospice:** Kelly Morris, Vol.  
Coordinator, 405-789-2913

#### Full Life Hospice:

Vicki Barnhart, Vol. Coordinator,  
405-418-2659

#### 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 Meredian, 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; Norman: Vol. Coor. Lisa  
Veauchamp, 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

#### Hospice of Oklahoma County

**& 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

#### Hospice of the Cherokee:

918-458-5080

#### 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

## FACEBOOK FUNNIES - SHARED - JOIN US!



**My nursing badge  
picture.**

**Me: I'm  
finally happy.  
Life: Lol,  
wait a sec.**

**It's OK to talk to yourself,  
it's even OK to answer  
yourself... But when you  
ask yourself to repeat what  
you just said - you have  
a problem!**



**I'M JUST LIKE FLIPPER!**

#### Interim Healthcare Hospice:

405-848-3555

#### Image HealthCare :

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

#### LifeSpring In-Home Care Network:

Terry Boston, Volunteer and  
Bereavement Coordinator 405-801-3768

#### LifeLine Hospice:

April Moon, RN Clinical Coordinator  
405-222-2051

#### Mays Hospice Care, Inc.

OKC Metro, 405-631-3577; Shawnee,  
405-273-1940

#### McCortney Family Hospice

OKC/Norman metro 405-360-2400  
Ada, 580-332-6900 Staci Elder Hensley,  
volunteer coordinator

#### Mercy Hospice:

Steve Pallesen, 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 Clausung, 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

#### Sojourn Hospice:

Tammy Harvey, Vol. Manager  
918-492-8799

#### SolAmor Hospice:

Lisa Riggs, Vol. Coord. 405-842-0171

#### Sooner Hospice, LLC:

Matt Ottis, Vol. Coordinator,  
405-608-0555

#### Tranquility Hospice:

Kelly Taylor, Volunteer Coordinator  
Tulsa : 918-592-2273

#### Valir Hospice Care:

Dee Fairchild , Vol. Manager OKC Metro:  
405.609.3636 Chandler  
Shawnee/Cushing: 405.258.2333 Toll  
Free: 888.901.6334

#### Woodard Regional Hospice

580-254-9275 Cathy Poe, RN Director



**Vicki L Mayfield, M.Ed., R.N.,  
LMFT Marriage and Family  
Therapy Oklahoma City**

*If you would like to send a  
question to Vicki, email us at  
[news@okcnursingtimes.com](mailto:news@okcnursingtimes.com)*

**Q. I am in my 50's, married for most of my adult years, divorced three years ago and recently started dating. I feel like I am in the dark ages about how this dating thing works. I rehearse my "lines" before going out and hope I do not sound like a complete idiot. Any advice?**

**A.** Life is like a box of chocolates, most are terrible, but on occasion you find a good one. You prepare yourself for a few not tasting that good and hold out for the one that makes your taste buds smile.

Dating does feel weird, uncomfortable, uncertain, and maybe even a little confusing when you have not done it in years. You wonder how you look, "should I have gotten botox?" What should I talk about ..probably not how my ex-wife made the best strawberry shortcake? What should I wear ..the shirt/pants from 1996 probably not a good choice. Should I bring condoms leave them at home for now!!

You perfect your "skills" as you go. There is nothing like field training to see how you have grown and how much work you need to do. One thing is for certain you will not get better at dating if you are sitting in your living room, eating potato chips and watching reruns of Star Trek.

Here are some dating tips for those who are a little rusty:

1. If something doesn't feel right - it's not. Walk away.
2. If someone goes on and on about light bulbs or an ingrown toenail it does not mean they reenact Silence of the Lambs in their free time. Stay with it for awhile.
3. If you like to attend concerts and the other person does not - that's okay. It's okay to have different interests - in fact, its better.
4. Talk to your friends about the guy or girl - good and bad things. If you are afraid to share something with them, there is a reason for that - a bad one.
5. Know where you stand with the other person before introducing them to everyone. If you need your friend's opinion to find out if you like the person - you don't.
6. Be okay with criticism, EVERYONE will tell you their opinion, understand it comes from their own experiences.
7. Act towards the person as a friend. If they say/do something you don't like, call them on it.
8. DON'T FORGET ABOUT YOUR FRIENDS. They were there before, they'll be there after.
9. If the other person doesn't have friends, there is a reason for it. Don't walk, run away.
10. Last but not least, HAVE FUN. Dating is hard. Date different people, go different places. Don't marry the first person you date. Ready... Set... Go!!!

## Oklahoman Chosen for the 2015 Memory Bridge Retreat

Jeanene L. Lindsey, will be the first Oklahoman to attend the 2015 Memory Bridge Training Retreat. Jeanene graduated from Southern Nazarene University says "I am honored to be the first Oklahoman to receive the Memory Bridge Facilitator Training. I share the Memory Bridge Mission and I am dedicated to ending the social isolation of people with dementia."

Memory Bridge invited 12 people from across the U.S. and abroad to join the 2015 Training Retreat (June 19 - 24) in Bloomington, Indiana. This year 80 applicants from 7 different countries applied and one Oklahoman was chosen. The 12 selected participants received full scholarships to the 5-day training retreat that will be held in Bloomington, Indiana at the beautiful and contemplative Tibetan Mongolian Buddhist Cultural Center. The training retreat is co-sponsored by Indiana University's Center on Aging and Community at the Indiana Institute on Disability and Community.

The design of the retreat will be based on Memory Bridge's Life Is a Bridge Dementia Immersion Training, an experience-centered learning journey that positions people with dementia in the roles of teacher, guide, and companion. In keeping with that design, participants will meet five times, in person, with their Buddies - the elders with dementia participating in the program.

In addition to the one-to-one and group visits with the Buddies, training will incorporate presentations, facilitated discussions, video case studies, I-Land mapping, literature and films, peer-to-peer and intragroup sharing, drum circles and meditation.

After completing the training retreat Jeanene will facilitate the Memory Bridge message throughout Oklahoma. Jeanene said "The program can be facilitated in a



Jeanene L. Lindsey, B.S. Gerontology and husband, Preston Lindsey whose support over the last three years provided her the opportunity to explore her life's passion.

multi-generational environment by setting up programs in local public schools, Universities or non-profit organizations. In all honesty, I see no part of my life, personally or professionally that will not be touched in a profound manner from what I understand about the Memory Bridge vision. I see the vision in every sense "building a bridge" between what I know as an individual and what I need to know to be there for those I care for. I am proud to be a part of a global community of people who, like Memory Bridge, are learning to listen to people with dementia for what they have to teach us about our own humanity".

For more information on the Memory Bridge visit

<http://www.memorybridge.org/>

Or email: [Jeanene Lindsey @ Jeanene.lindsey@cune.org](mailto:Jeanene.Lindsey@cune.org)

Check Out [www.okcnursingtimes.com](http://www.okcnursingtimes.com)



# NURSE + TALK

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

## What is your favorite season and why? Kiamichi Family Medical clinic in Idabel

"I like spring because I love the trees and all the flowers blooming. Also, I like the longer evenings of daylight to enjoy after long work days."



Kimberly Clampet, RN, BSN

"I like all four seasons. Winter because of snow and the cold weather, spring due to flowers blooming, summer due to lakes, pools and hot weather and fall so I can play in the leaves."



Aracely Flores, MA

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

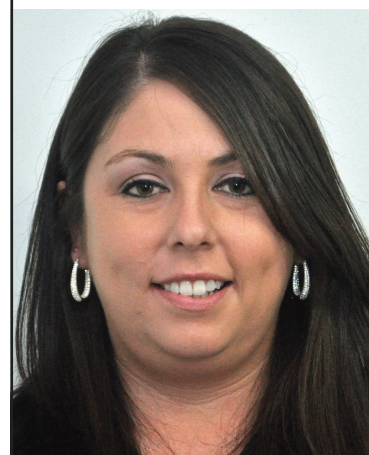
Email:  
news@okcnursingtimes.com  
or mail to  
Oklahoma's Nursing Times  
P.O. Box 239  
Mustang, Ok. 73064

"I like spring because I am ready to plant flowers and begin gardening."



Connie Roberts, MA

"My favorite season is fall because of the beautiful foliage, Thanksgiving and Halloween."



Jeanna Davis, MA

## INTEGRIS Health Edmond Receives Women's Choice Award

INTEGRIS Health Edmond is named one of America's Best Hospitals for Emergency Care by the Women's Choice Award. This coveted credential places INTEGRIS Health Edmond in the top one percent for emergency care.

"The Women's Choice Award seal delivers a powerful message to the women of Edmond and surrounding areas," says hospital president Avilla Williams. "It offers them reassurance and peace of mind that INTEGRIS Health Edmond is clinically excellent and prepared to care for and treat their families when they need it most."

Emergency services account for more than 125 million hospital visits annually, and all clinicians must have expertise in caring for patients across their life span, often when their health care needs are urgent and unplanned. Unlike other hospital departments that interact with the same patient and families for an extended period, emergency staffs typically have one patient encounter,

often when anxiety and fear is at its peak.

Hospitals earning the Emergency Care Award consistently rank in the top 25 percent of the 3,800 hospitals reporting on their emergency department's performance to the Centers for Medicare and Medicaid Services. The eight measures CMS publicly reports relate primarily to the amount of time taken in the ER such as time for diagnosis, medication, and admission to the hospital, and are weighted according to the priorities of women surveyed.

"We have found that recommendations are an important consideration used by women in selecting a hospital for themselves and their family. By helping women know which hospitals in their area provide the best critical care, we are able to help them make better decisions, especially when it comes to emergency situations," said Delia Passi, chief executive officer and founder of the Women's Choice Award.

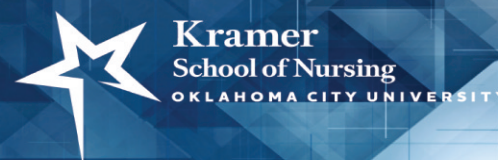
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- » **Doctor of Nursing Practice (DNP):** A 30 credit hour, post-master's clinical doctorate completion program for advanced practice nurses.
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**THE WHOLE COMMUNITY**

**WILL KEEP THE**

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**CHANGE**

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You and thousands of others contributed an incredible \$21,574,097 to our 2014 campaign. Your kindness and compassion will continue to help United Way of Central Oklahoma create lasting change in our community.

We are extremely grateful for you!

*[unitedwayokc.org](http://unitedwayokc.org)*

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