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April 22, 2019

Information for the Oklahoma Nursing & Health Care Professional

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A Comfortable Small-Town Feeling

Niaz Adu, RN is the Director of Nursing at Southern Plaza Assisted Living and Memory Care, located in Bethany, OK. Here, you will find high-quality service in a comfortable secure environment.

by Vickie Jenkins, Staff Writer

Southern Plaza Retirement Community is a perfect place for senior residents. They offer Independent Living, Assisted Living and Certified Alzheimer's Community.

Their mission is to give new meaning to life; to seniors by providing high-quality service in a comfortable, secure environment given with a spirit promoting dignity and respect.

Meet Niaz Adu, RN and Director of Nursing. She has been a nurse for ten years and has worked at Southern Plaza since November 2017. Niaz attended OCCC for her RN and OU for her BSN. When Niaz was going to nursing school, she had several mentors that she looked up to; Dr. Valerie McCartney, an OB nurse at OCCC and several close friends.

Niaz loves working at Southern Plaza for several reasons. She likes the interaction she has with each resident. "I like working in Bethany. A lot of our residents grew up in Bethany and there are a lot of Bethany alumni. All of the residents are so nice and

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SURPRISE GUEST HOPPED INTO **OU MEDICINE**



A surprise guest hopped into OU Children's Physicians to bring smiles to patients, just in time for the Easter holiday.

With the help of Oklahoma Highway Patrol troopers and the Cavett Kids Foundation, the Easter Bunny visited patients in the various clinics throughout the morning of April 16. Patients had the chance to take pictures with the Easter Bunny and troopers while receiving Easter eggs full of treats.

The Easter Bunny and troopers traveled from floor to floor in the clinics with carts full of colorful Easter eggs to hand out to patients waiting for their appointments. The Cavett Kids Foundation service dog, Finn, also made his way around the clinics.

The Oklahoma Highway Patrol's office has been visiting the Children's Physicians clinics for 14 years. The partnership was created through the Cavett Kids Foundation, a nonprofit organization providing camps, events and

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BUNNY

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programs to children battling lifethreatening and chronic illnesses. Its founder, Danny Cavett, has been a chaplain at the Children's Hospital since 1977.

"This tradition shows the Oklahoma Highway Patrol's compassion and commitment for the special children we serve at The Children's Hospital," Cavett said. "Not only do these troopers come out dressed as the Easter Bunny, but they also serve as counselors at the Cavett Kids camps we hold throughout the year for these kids."

At The Children's Hospital, pediatric staff blends years of training with education, research and technology to improve the lives of children throughout the region. The obstetric emergency room at The Children's Hospital is a regional referral center for the state, and the neonatal intensive care unit provides the highest level of newborn care in Oklahoma. Children's is also home to the only 24/7 pediatric emergency room in Oklahoma City. With a



The Oklahoma Highway Patrol troopers and the Cavett Kids Foundation gave patients the chance to take pictures with the Easter Bunny at OU Children's Physicians.

family-centered approach to healing, Children's offers resources from pet therapy to child life specialists who help families cope with hospitalization and illness. From advanced surgical services to general pediatrics, oncology care and more, The Children's Hospital provides cutting-edge research and treatments through hospital-based and outpatient services. To learn more, visit oumedicine.com/childrens.

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we all feel like one big happy family. We have a wonderful staff here and they love, care and dedicate their time to the residents."

Southern Plaza is a Christian Retirement Community, owned by Southern Nazarene University and managed by Arbor House," Niaz said. "The Independent Living has been here for 20 years. The assisted living opened in November of 2017 so this building is fairly new. Right now, we have 97 residents living here and we have 24 hour care seven days a week," she added.

Niaz tells that she wanted to be a teacher when she was a little girl. "I never thought about being a nurse. My family and I lived overseas for a year and then, I got married. It was my father and my husband that suggested I go into nursing because I was so compassionate and I started going to nursing school. It was the best



decision that I made in my life," she said with pride in her voice.

What qualities make a good nurse? "A nurse needs to be compassionate, have genuine kindness, be a loving person, be task and detail oriented to make sure things get done efficiently," Niaz replied. "Also, a nurse needs to have excellent nursing skills," she added.

Asking Niaz what her favorite part of her job is, she replied, "I love interacting with each of the residents, I also like supporting all of the staff so they can be the best they can be and building a strong team."

It was quite the experience when Niaz and her husband met for the first time. They were both doing religious volunteer work at the Baha'i Center in Israel. "My husband, Maxwell, is from Ghana in West Africa. We have been married for thirteen years and have two sons, Shoghi, ten years old and Anis, six years old," Niaz said. Niaz and Maxell and their families are big believers in the Baha'i Religion. "I live my daily life regarding work and worship by the Baha'i Writings which is very close to my heart," Niaz commented.

What advice would you give to someone going into the medical field? "I would tell them to know that being a nurse and caring for others comes from the heart. If they work in an assisted living facility, they need to focus on the residents they are taking care of and get to know them. Sometimes, we can lose focus on what we are really there for. Sometimes, as nurses, I think we tend to forget what our real job is. We lose something special in the bond between resident and patient. We need to realize that we are taking care of a person that is just like our mother or

father or our grandparents. We need to focus on the individual and not spend our time stacking on the tasks and we need to focus on the big picture," she replied.

Niaz enjoys spending time with her family. "My family is definitely a soccer family. We spend our time traveling on weekends for soccer tournaments or piano competitions. I am a real soccer mom," she said. "We all love to travel. On our family vacations, we have traveled to almost all the states; everywhere we go, I get a coffee mug from each place; that is my collection," she said with a laugh.

Summing up Niaz's life in one sentence, she said, "Get the work done in a spirit of service, it is the highest form of worship."



What is Texting Thumb?

Have you heard of "texting thumb?" Turns out, your thumbs and your smart phone may have an unhealthy relationship.

Last year, adults in the U.S. spent an average of 3 hours, 35 minutes per day on their mobile devices, an increase of more than 11 minutes over 2017, which adds up to an incredible 1500+ hours per year. That's the equivalent of 62 days spent on a mobile device in one year. Two months. And that's the adults. For young people, it's much more.

According to Common Sense Media, teens spend an average of nine hours a day online, compared to about six hours for those ages 8 to 12. That translates into about 137 days per year for teens, and 91 days a year for 8- to 12-year-olds. That's a lot.

So much phone time can have a direct (and sometimes, even painful) impact on one of the body's most versatile and useful appendages, the humble thumb. If your thumb joint hurts, odds are good that it's osteoarthritis of the basal joints of the thumb, otherwise known as texting thumb

Thumbs the Word

Dr. Ghazi M. Rayan is an orthopedic and hand surgeon. He is also a clinical professor of orthopedic surgery, adjunct professor of anatomy and the director of the Oklahoma Hand Fellowship Program at INTEGRIS Baptist Medical Center in Oklahoma City. Over the course of his decadeslong career, he has performed more than 25,000 surgeries including those to repair osteoarthritis of the thumb, aka arthritis of the basal joints of the thumb. "And for every surgery performed, I've helped more than a dozen patients non-surgically," he says.

The thumb is a wonderfully complex apparatus. "A typical joint is formed by two bones that are connected together with ligaments, which provide joint stability. The joint is surfaced by thick cartilage, which acts as a cushion and allows smooth joint motion between the bones," Dr. Rayan says. He explains that there are 360 joints in the human body, and 19 of those joints are just in the hand. Of those, there are three bones and three joints in the thumb.

"The anatomy of the thumb basal joint is the most complex of all hand joints. The thumb allows motion on three planes and circular movement, which means the thumb provides opposition, which is unique to humans."

Because the thumb is so mobile and is stabilized largely by ligaments, which can be stretched causing destabilization, placing repeated or near-constant pressure on the thumb is a recipe for thumb pain, inflammation and eventually arthritis.

Think of it this way — one pound of force at the tip of your thumb while pinching is magnified exponentially and becomes three pounds at the first joint; six at the second and 12 at the basal joint. A pinch of 20 pounds at the tip translates to 240 pounds of force at the basal joint of the thumb.

These forces cause the ligaments of the joint to stretch, which results in joint instability. When a joint is unstable, it can cause repetitive-use trauma, or a ligament can tear. Joint instability is a prelude for arthritis because the abnormal motion gradually wears away the joint cartilage and in severe cases you will have bone against bone. There are no nerve endings in cartilage, but there are plenty in bone.

Osteoarthritis of the thumb has three general stages. In the earlystage there is joint instability; by the intermediate stage there is moderate joint disease; and at the advanced stage there is severe joint destruction.

The symptoms of osteoarthritis of the thumb can be debilitating, and can include pain, stiffness, swelling and loss of strength of the thumb. These symptoms occur in remissions and relapses but during relapse they can adversely affect the ability to use the hand.

Dr. Rayan reports seeing at least three times as many cases of osteoarthritis of the thumb today compared to 20 years ago, and he expects the trend to continue. But no matter how far down that road you may find yourself, there are treatment options that will help, and which may mitigate your pain and damage.

Treatment for Texting Thumb

Dr. Rayan says that vitamins and supplements are not useful and not scientifically proven to alter the course of the disease.

In early stages, in his practice, initial treatment is always conservative and includes modifying activities, splinting, and non-steroidal anti-inflammatory medications. Under certain circumstances local steroid

injection of the joint may bring about temporary pain relief.

For those with a d v a n c e d - s t a g e d osteoarthritis of the thumb, patients with low physical demands are offered non-operative treatment. For other patients, non-operative treatment may only delay the need for surgery. "If these non-operative measures fail

or the patient has severe symptoms that are affecting his or her ability to use the hand in activities of daily living and function there are surgical options that are proven effective in relieving pain," Dr. Rayan says.

"Surgery is always a last resort," he says. "If there is joint instability, stabilization by reconstructing the ligaments can be done, which is not an involved surgery, aimed at restoring joint stability. It relieves pain but most importantly may slow down or inhibit the disease progression." The two surgical options are joint fusion or joint reconstruction.

Joint fusion is suitable for younger patients with high physical demands and totally eliminates the joint and its



motion.

Joint reconstruction is the most widely used surgical technique. While it can come in the form of implants or artificial joints, both of those have increased risks for complications, such as implant instability, implant breakage, displacement and joint deterioration.

Dr. Rayan prefers to reconstruct joints using a patient's tissues. "The most widely used method is a physiologic and simple reconstruction using a patient's own tissues to remove the arthritis and stabilize the joint. Soft tissue reconstruction is the most widely used method. In the hands of a trained hand surgeon it is safe, effective and offers the best outcome," Dr. Rayan says.

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CAREERS IN NURSING KEEPING THE SMILES GOING: NORTHHAVEN PLACE

ov Vickie Jenkins - Writer/Photographer

At Northhaven Place, they realize that sometimes, it is the little things in life that can bring the greatest pleasure. That is why they offer an extensive array of amenities designed to ensure comfort, convenience and enjoyment.

Meet Earnestine Figaro, CMA, LEC. Earnestine was born in Texas, moved to Oklahoma City, OK when she was ten years old. She attended Metro Tech for her training for CMA and Life Enrichment Coordinator. She has been a LEC for fourteen years and has been at Northhaven Place for the last three years. "Here, at Northhaven Place, it is all assisted living. I love my job here and all of the residents are special in their own way. We have twentysix residents here and I am in charge of many things," she said with a laugh.

"My main job is taking care of the residents in the activity area. The greatest joy for me is when I get the residents involved in an activity and they are really excited about it. The state law tells us that as an LEC, the goal is to enrich the resident's lives with physical and mental activities three to five times a day; to keep their mind alert and sharp. I want the residents to join in on all of the activities, making sure they are being taken care of in every way. I usually succeed at that," she said.

When Earnestine was little, she wanted to be a professional dancer. "That sure didn't work out for me," she said with a laugh. "Actually, I never imaged I would be working in an assisted living facility or be a life enrichment coordinator but here I am and I love it. I am full of energy all the time and I just want to share it with everyone

here. Oh, there are some residents that don't want to join in but after a while, I say something that gets them wanting to be involved. I just have to look at each individual and see exactly what it is that will make them happy."

Not only is Earnestine in charge of activities for the residents, she has many responsibilities. She is a mentor for other life enrichment coordinators including three assisted living facilities in Kansas, taken care of through email and phone calls and five facilities throughout Oklahoma that she visits every three months. Other responsibilities include helping the residents, passing out medications to the residents when needed, assisting in the kitchen; preparing and serving meals, decorating for the many parties and events that keep her schedule full, along with lots of paperwork and schedule

planning. Her main job still remains the same, getting the residents involved and making the residents smile. She is proud of the fact that she succeeds in her goal.

Asking Earnestine to describe herself, she said, "I am an outgoing person, definitely not shy! I am creative and have fun making all sorts of crafts with the residents. I make sure to include them in all of the decorating around here. The residents love for me to sit with them and talk about the next project we will be doing, together! I am so eager to make the residents happy and it's almost like I have a real craving to make them smile. I am always happy and cheerful and I love color. I like to use bright colors, the brighter the better. I think it makes everything a little more fun.

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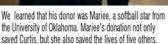


Our son, Curtis, wasn't breathing when he was born. The first 30 days of his life in the hospital were a fight for survival. As his little body began to 'wake up', he finally came out of the coma.

Curtis defied all the odds. We watched him grow and develop. We remember when he ran on the field with his glove for his first t-ball game.

But Curtis' kidneys eventually failed, and he started dialysis when he was 12 years old. He was at the top of the transplant waiting list when we got the call in October 2009.

When he received his new kidney, it saved his life and now he has been crowned Prom King and is graduating from High School!



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Earnestine Figaro loves her job as Life Enrichment Coordinator at Northhaven Place. "My goal is to keep the residents involved in fun activities."

FIGARO Continued from Page 4

That is exactly what the residents like too. The residents and I work a lot of puzzles together. They just love it. Every time we work a puzzle, I glue the puzzles together and put them on the wall of my office. That way, everyone can enjoy them! It makes the residents proud. They all like me and I like them. I can't complain about anything and yes, I mean anything," she said.

What is your biggest asset

here at Northhaven Place? "I think it is the fact that I can be very persuasive if I need to be; convincing the resident to join in, relax and have fun."

Earnestine's hobbies include crafts, crafts and more crafts. "What can I say? I love making everything out of nothing and I am very CRAFTY. I love getting to see my best friend; Pinterest. That has helped me so much."

Summing up Earnestine's life in one sentence, she replied, "I am enthusiastic, making the residents smile, one smile at a time."

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Shell game:

New strategy for avoiding peanut allergies

Peanut-free lunch tables and epipens are almost as ubiquitous as backpacks in many American schools. Life-threatening peanut allergies in growing numbers of students have led to across-the-board changes in school culture.

But pediatricians are recommending a surprising way for parents to approach the problem: feed your baby peanut products.

This advice from the American Academy of Pediatrics may seem counterintuitive on the surface, but Oklahoma Medical Research Foundation immunologist Eliza Chakravarty, M.D., said it actually makes a lot of sense.

"The human immune system is designed to protect you from dangerous invaders like bacteria and viruses," she said. "But in this case, it mistakenly mounts an attack against a fairly harmless substance. In some people, the body reacts to a peanut as if it were a pathogen or virus."

According to the AAP, the earlier parents can introduce a food like peanut butter to a child, the more time the child's body has to recognize it as non-threatening.

In other words, it's a way to desensitize the immune system while it's still developing, said OMRF geneticist Patrick Gaffney, M.D.

"Unfortunately, our understanding of what causes peanut allergies is incomplete, but it is most certainly a combination of genetics, environment and the microbiome," said Gaffney. "We know there are specific proteins in the peanuts that are often recognized as allergenic, so your body can learn early on to tolerate them."

The new strategy recommends "purposeful feeding" of peanut products between 4 and 11 months of age, said Chakravarty.

A report in the New England Journal of Medicine showed that only 1.9 percent of high-risk children who were introduced to peanuts between the ages of 4 and 6 months went on to develop an allergy. That's in stark contrast to the nearly 14 percent of children who didn't eat peanut products before the age of 5 and became allergic.



Oklahoma Medical Research Foundation scientist Patrick Gaffney, M.D.

For a dangerous and potentially lethal allergy that has tripled in prevalence in the U.S. in the past 20 years, any new strategy showing positive prevention results is good news, said Gaffney. "This approach isn't new, but it's definitely picking up steam and becoming increasingly common as more and more studies demonstrate that it works."

But why does it work best at such an early age? "It works because of a really cool organ called the thymus," Chakravarty said. "It's small and sits at the top of your chest, and it exists specifically to train your immune system to recognize what is normal and what is not."

As you get older, the thymus continues to shrink and is practically gone once you're an adult. But in early childhood, it is instrumental in the development of a strong immune system.

"It makes sense to capitalize on influencing the immune system at this early stage," said Chakravarty. "If you have a young child at home, talk to your pediatrician about how to introduce these products in an infant-safe manner."

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OMRF receives \$5.9 million grant to study bleeding

The National Heart, Lung and Blood Institute has awarded an Oklahoma Medical Research Foundation scientist \$5.9 million to study new ways to control bleeding like that which occurs in aneurysms.

OMRF researcher Courtney Griffin, Ph.D., received a seven-year grant to pursue novel research into blood vessel function and factors that lead to uncontrolled bleeding.

"Seven years is like paradise to a scientist. It allows us to address questions and take our research in new directions we couldn't have before," said Griffin, who joined OMRF from the University of North Carolina at Chapel Hill in 2008. "This will give us the opportunity to dig in on basic science questions that could lead to new drugs and therapies for devastating conditions."

The grant was awarded under a new federal granting program known as the R35, which was established to promote scientific productivity and innovation by providing sustained support and increased flexibility in research. NHLBI program officer Yunling Gao, Ph.D., said the R35 award is designed to provide long-term support to outstanding investigators like Griffin who are conducting research that breaks new ground or extends ongoing studies that are making significant contributions to the field.

"Dr. Griffin has been supported by the NHLBI's programs over the past decade, and she has emerged as an expert in the field on proteasemediated regulation of vascular stability," said Gao. "We look forward to her new breakthroughs and achievements for years to come."

Griffin's work is focused on proteases—proteins that chew up other proteins. At OMRF, she studies the role proteases play in a healthy setting and also the damage they can cause in blood vessel development when they go awry. When blood vessel integrity is compromised, they become weaker and can rupture, which can be fatal.

By knowing what vessels are susceptible and under what conditions, they can identify disease links that may be predictable and lead to the development of therapeutic interventions.

"The competition for these grants is fierce, and you must have an incredible track record to be considered for one of them," said OMRF President Stephen Prescott, M.D. "The NHLBI is betting on Dr. Griffin, and she is an outstanding choice for this award. I have no doubt she will reward them with her incredible work."

The grant, No. R35 HL144605, is from the NHLBI, a part of the National Institutes of Health.



OMRF scientist Courtney Griffin, Ph.D., was recently named the scientific director of OCASCR

HIGHLIGHT ON VOLUNTEERING

National Volunteer Week was celebrated April 7-13

INTEGRIS Canadian Valley Hospital Celebrates Volunteer Appreciation Week

Volunteers are the backbone of any organization, giving freely of their time and talents for the betterment of others.

Each INTEGRIS hospital has a volunteer auxiliary solely dedicated to improving the health care experience for those in their respective communities.

The volunteer auxiliary of INTEGRIS Canadian Valley Hospital, for example; has supported it's hospital since 2001.

Currently, there are more than 140 active and associate members serving in several areas around the hospital; such as, the gift shop, information desk, patient visitation, pet therapy, mammography and surgery waiting room, knitting group, and many others.

These volunteers generate significant monies for the hospital. The proceeds from the gift shop benefit their philanthropy. They recently made a large contribution toward the completion of a new helipad and purchased larger, more visible televisions for each patient room.

As part of national Volunteer Appreciation Week, we would like to thank all of our volunteers throughout the system for their genuine love of service, and we applaud them for their continued generosity and selflessness.

If you are interested in volunteer opportunities at INTEGRIS, you can apply on-line at integrisok.com/volunteer.

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school students that provides an opportunity to bypass traditional application processes.

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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 don't understand why communicating is so difficult. My husband and I struggle with verbalizing honest thoughts and feelings. Does this ever get easier? --- Jan

A. Healthy communication does get easier with ongoing practice and the commitment to stay with it. Think of it like taking care of a plant. You need to water, feed, spray and maybe transfer to bigger pot so it will continue to thrive. Relationships need the same care.

Here are some tips on what NOT to say:

- 1. I'M FINE If your partner asks you if you are ok.....don't say fine! Be honest.
- 2. NOTHING If your partner asks you what is wrong..... that means he/she can tell something is different about you.
- 3. NEVER/ALWAYS Avoid responses that start with "You never and You always."
- 4. YOU Avoid starting a sentence with you, i.e., "You should have asked more questions." This has a tendency to sound accusatory and can put the person on the defense.
- 5. SHOULD This word can be very shaming. Instead of using SHOULD, use COULD. Try this for yourself. "You should have left earlier and would not have been late. You could have left earlier and been on time."

Stating exactly what we are feeling is another big issue for many of us. If you are angry, do you say it or do you dance around it? The 24 hour anger rule can be of great value. If someone makes you angry you have 24 hours to TELL THAT PERSON or LET IT GO!!!

The idea is to avoid The Dance!! Couples get into some crazy dance steps with ineffective communication. It you can say "I am frustrated" or "I am sad" then you can talk about those feelings.

Open, honest communication requires vulnerability. To share your thoughts and feelings with the person you love is not always easy. But if your partner asks you directly, "what is wrong" or "are you ok" this is your opportunity to just say it. This is not the time to say "I am fine" or "nothing is wrong." Remember no one will ask unless something about your mood or behavior is signaling there is a problem.

Healthy communication is nurturing and productive. It is a win-win!! So Jan don't give up. It will never be perfect, it won't happen every time. It is a work in progress!!

Bombing Survivor Begins Journey Toward Becoming a Physician



Madison Naylor (right) with Dr. Pamela Miles, who delivered her just six months before the bombing and remains on faculty with OU Medicine.

It was the devastating event that she doesn't remember, yet it is the tragedy that is woven into the story of her life.

On April 19, 1995, Madison Naylor was a 6-month-old baby staying at the YMCA daycare next to the Alfred P. Murrah Federal Building in downtown Oklahoma City. When a bomb went off that morning, she lived, remarkably without injury. She was too young to recall the bombing first-hand, but with each year of her life, she has gained insight into the event and the way it changed people in Oklahoma and beyond. Today, as a first-year medical student at the OU College of Medicine, she brings that piece of her story with her as she learns about a profession that will allow her to provide healing and

comfort to others.

"Even though I don't remember the bombing, I can't remember a time when I didn't know about it," Naylor said. "I remember when I was very young, I had a feeling that I had been really close to death, and I remember how I was affected by seeing the children's chairs at the bombing memorial. I hope I can be something good that came from something so horrific. I hope I can make Oklahoma proud."

In 1995, Naylor's parents were working on the campus of the OU Health Sciences Center, her father, Mark Naylor, M.D., as a dermatologist and her mother, Carla Naylor, as an employee of the College of Pharmacy. When her parents learned what had happened

See JOURNEY next page

NURSE

Empire Slice



Angela Brookshier, RN, CPN

Mazzio's Pizza



Elsy Abraham, LPN

Where is your favorite place to go eat pizza?



the children's center

The Children's
Center
Rehabilitation
Hospital

Hideaway



Sherriee Abuel, RN

All American Pizza



Taylor Johnson, NA

JOURNEY Continued from Page 10

downtown, they rushed to find their daughter. Her mother discovered her being held by a woman on the street who she didn't know. Passersby had helped YMCA employees evacuate the babies from the heavily damaged building.

As she grew up, Naylor's parents gradually told her more and more about the bombing, and she searched out and found her name on the survivor's wall at the outdoor memorial. She is an only child, and had come to understand the fear her parents faced at the thought of losing her.

Because her father is a physician, Naylor was familiar with medicine and often thought she wanted to follow in his footsteps. But when she began volunteering at a hospital during high school, she felt like she "saw" medicine for the first time.

"I saw the team dynamic and I knew it was a career where you could really impact people's lives," she said. "It's always been important to me to have a job that I love."

Naylor went on to earn a degree in biology from Baylor University and began applying to medical schools. After she interviewed with the admissions board at the OU College of Medicine, she went to the bombing site to revisit the museum and the memorial. She found her name on the wall and reflected on the place whose stories had become hers. When she later accepted the invitation to attend the OU College of Medicine, she knew would be joining a campus whose faculty and staff also bear scars from the tragedy.

"I know the bombing is still a part of people's lives here," she said. "It's humbling to be associated with such a tragic event. I hope that I can be a positive face going forward.

"I just want to be the kind of person who leaves the world a better place than I found it," she added. "I know that, sooner than I'll even want, I won't be able to save everybody I encounter in medicine. But I want to know that I gave 110 percent for every patient. I think the best doctors are the ones who aren't just going through the motions; they really care and they take personally what their patients are going through. That's the kind of doctor I want to be."





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