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## Bartending to BSN

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photo by Bobby Anderson

Daniel Hurst BSN, RN made the move from a hospitality career to the hospital, becoming an RN at age 36.

by Bobby Anderson,  
Staff Writer

Daniel Hurst's resume is all over the place.

Landman, ad designer, classified salesman, bartender and a fine arts degree to top

it all off.

Throw in a BSN and this registered nurse is a veritable Swiss Army knife of skills and life experiences.

Maybe that's why he's gone from working the

front of the house in the hospitality industry to running the house at Integris Canadian Valley Hospital in Yukon as a house supervisor.

"If you would have asked me years ago if I would have been doing this - no way," Hurst said.

In his mid-30s, Hurst began putting that background to work, deciding to pursue nursing.

He took some prerequisite classes at the University

See HURST Page 3

## Always improving INTEGRIS Baptist Medical Center receives 2016 Women's Choice Award

by James Coburn, Staff Writer

INTEGRIS Baptist Medical Center has earned the recognition of the 2016 Women's Choice Award, says Keith Stephens, RN, administrative director for quality at INTEGRIS Baptist Medical Center in Oklahoma City. This distinction honors INTEGRIS Baptist Medical Center as being one of the best hospitals in the United States for patient safety. Two basic components including patient safety indicators and prevention indicators were integral to the process, he said.

"I think it helps validate our efforts for patient safety and high quality health care," Stephens said.

This distinction recognizes an outstanding interdisciplinary role of health care throughout the hospital, said Harry Wetz, respiratory therapist, patient safety officer and director of quality.

"I would say it's the culture that we have here. One infection is too many," said Keri Bayer, RN, administrative director for quality. "And so any patient that walks through our doors, we want to ensure we are doing the right care, providing it in a standard way. And we have a lot of processes in place to ensure we allow our nurses to provide care in the easiest way possible with evidence based guidelines."

Bayer said she is honored to work at INTEGRIS Baptist Medical Center. It is the only organization she has worked for as a nurse and the only one she intends to serve. Her dedication flows from the set of values INTEGRIS has throughout its system. The personalized care is evidence based offering the highest levels of care.

"Every patient that comes here deserves that," she said regardless of gender.

The hospital encompasses a highly trained interdisciplinary team of physicians, nurses and colleagues. All of the staff maintains annual training to maintain its competency. It has put in place standardized work flows of product, documentation and strict operating procedures to prevent infections. Outcomes are monitored closely for infection and safety.

"We hold each other accountable if we see a variation in that practice. The expectation is that we hold our peers accountable," Bayer said.

They strive to understand if there is a break in the process how INTEGRIS Baptist Medical Center as an organization allowed the break to occur, Bayer said.

"We correct it," she continued. "And we share that information and just continue to get better as we move

See AWARD Page 2

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## AWARD

Continued from Page 1

forward."

Gwen Harrington, RN, infection prevention coordinator, said they are engaged at all levels to identify what needs to be improved.

"We have great involvement in ownership from not only the patient care staff. That means not the leaders. That is the bedside staff nurses," Harrington said. "They are doing the work every day."

The shared knowledge among the staff helps to engage leadership effectively and the medical staff. Improvement opportunities from the physicians' points of view are integrated into the best standards of care. Three physicians representing different services will attend meetings when discussing general processes. They are involved in solving the problems with the patient care staff.

"I think that is one of the things that we are getting better and better at to drive some of the outcomes that we have," Harrington said.



From left, Kari Bayer, RN, administrative director of quality at INTEGRIS Baptist Medical Center is joined with Gwen Harrington, RN, infection prevention coordinator; Harry Wetz, respiratory therapist, patient safety officer and director of quality; and Keith Stephens, RN, administrative director for quality are part of the leadership team to ensure safety along with everyone who works at the hospital.

There are always new products and equipment to blend into new processes with variations, Harrington said. Cleaning and disinfection of equipment to prevent associated infection is standardized. The process is ongoing.

"Just in the last six months we've updated education and competencies with training not only internally, but with our vendors and our suppliers," Harrington said. "We bring in those people from those companies, the clinical experts and equipment manufacturers to give us the manufacturers instructions for use of equipment to help us drive those outcomes and prevent occurrences."


Monitoring looks at compliance

with the practices and cleaning and disinfection in order to maintain quality of care, Bayer said.

"It's truly every person that works at INTEGRIS that is honored, not just our clinical staff," Bayer said. "It takes everyone to make it happen."

Wetz said the bedside nurses strive every day to exceed what is expected of them. This attitude lends well to patient satisfaction, he said.

"When a patient is sick. It's a very difficult time for them," Wetz said. "Their understanding of what's going on is heavily weighed on the communication level of the bedside caregiver. That directly effects satisfaction."



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## HURST

Continued from Page 1

of Oklahoma but by the time he applied he found the nursing program was full.

A few friends from class mentioned Oklahoma City University.

It was fate.

"It really, really is an excellent school and the professors are fantastic," Hurst said. "They really care and they got me out here."

Finishing up his degree at OCU, Hurst took a leadership class that involved rotations with a nurse at Integris Canadian Valley.

He gladly accepted a position and shifts at night.

"I'm not really a daywalker," Hurst said. "I've always been a night-time person since I was five."

"I'm up. That's when my brain works. I like everyone I work with and I like everyone here but the nighttime, there's just a twist on it. It's a little more autonomous as well."

At times, he'll float to the ICU, ER and even the women's center.

It wasn't long before he was approached with a lead house supervisor position.

"It didn't hurt that I was a little older and had experience doing some other things instead of just this being my first real job, it's not. I've done many, many things," he said. "I imagine how that's how that came about. They had some trust in me and thought I could handle it. And it's working out pretty well."

When it comes to his job, Hurst adores the care side of the career. Also, education plays a huge role.

"You get to take care of people who are ill and then help them learn how to better take care of themselves later on down the line," he said. "I like interacting with the families and the patients themselves are great."

"You get to try out your new material."

With nearly 20 years in the workforce, he's had plenty of time to gather material to try out on his patients.

Hurst's background is varied to say the least. He worked for Gannett designing newspaper ads. He then switched over to classified ad sales. A bevy of roles in food service and bartending were sprinkled throughout.

He served as a landman working in the oil and gas industry for a

time. Once the downturn happened in 2008 that was it.

"If I were ever hiring somebody I would ask if they have some restaurant experience," Hurst said. "It's really not that different if you think about it. Each room is a table. Tables have things that come out on time so you have your scheduled medications. If they want to add something to that you have pain medications you can augment."

"You establish a holding pattern. You're checking on them constantly, see how they're doing, if they need anything or what you can do for them. If there's an issue you go to your supervisor, just like you would in a restaurant."

Outside of that there's the learned skill of having a conversation with a complete stranger, trying to get them to open up and relax.

Ultimately, Hurst plans on winding up in nurse practitioner school, the ER or the ICU.

But he made a conscious choice of where he wanted to start his career.

"I'm kind of glad I chose what I did because I wanted med/surg first so I would have a pretty good base to stand on," Hurst said. "Maybe I'll move from there into more critical

care. There's time."

Hurst has now been at Canadian Valley for two years. He says he can't imagine working anywhere else.

"Excellent. We have an excellent team here," Hurst said. "I really like the community here at Canadian Valley."



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# Sweet!

## Baking cakes and celebrating with clients and residence

by Vickie Jenkins - Writer/Photographer

Meet Kristi Brewer Campbell, Owner and Director of Care Plus Home Care. "This is a family-owned, licensed and private duty home care agency," Kristi says. "We have certified care-givers and assisted living services to individuals and couples that want to stay home and stay well."

Here, you will find that services are offered 7 days a week up to 24 hours a day. Live-in services are also provided if around-the-clock care is needed. Their caregivers can assist with personal care and hygiene, take care of their medications, prepare meals, clean, do laundry and assist with transportation and errands.

The family-owned business understands how important it is to their clients to feel and remain safe in their own homes. "When people can stay in their home, it makes them

feel good about themselves. They feel a bit of independence even though they have a caregiver come in to assist them with their specific needs," Kristi says. "All of our caregivers are bonded, references are verified and Oklahoma State Bureau of Investigation checks are run on each caregiver prior to employment. That is a big plus and when it comes to feeling safe and secure, our clients really like that. It is a peace of mind for the client and their families. The caregivers are carefully screened and undergo a criminal background check. In addition, each caregiver is bonded, insured and covered under workers' compensation insurance. It's nice to know that they can trust their caregiver."

Established in 1993, Care Plus Home Care agency provides an alternative for seniors wanting to remain independent and in the

comfort of their own home. The mission here is to meet the home care needs of their clients with respect, compensation and services of the highest quality. They will operate in a manner that will appropriately reward their clients and employees alike. Presently, Care Plus Home Care has about 70 clients but the number varies. "All of our clients are treated with respect, and we want to make them feel like the most important person in the world," Kristi comments.

Kristi Brewer Campbell and her mom Nancy Brewer add a little something special for their clients. "I remember when I was a little girl, there was an elderly lady, Maddox, that we would visit each week, just to stop by to see if she needed anything. I remember how my mom was so nice to her. Now, my mom continues caring for the elderly by making our clients a birthday cake on their special day. Mom has been baking birthday cakes for a little over 3 years now and she loves it," Kristi said. "It certainly brightens their day," she adds. "The two of us deliver the cakes to our clients and sometimes, it's a big celebration with their families. Everyone in the family appreciates us bringing them

a birthday cake. That makes us feel really good."

"It was my mom's idea to bake a cake for each of our clients on their birthdays," Kristi said. Asking Nancy how she began baking cakes for the clients, she replied, "Of course it takes a little bit for the client to get used to the daily adjustments when they need assistance in their homes. There was a gentleman that was having a hard time with it and it just happened to be his birthday. Kristi and I decided to bake a cake for his birthday. When we delivered it to his home, his whole attitude changed, for the better. It was amazing! After that, I decided that I would bake a cake for all of the clients on their birthday," she said with a smile.

"How does it make you feel when you deliver a cake to the clients?" I ask Nancy. "Well, it makes me feel really good to know that I am doing something for someone else and by me baking a cake for them, they really appreciate it. Sometimes, Kristi and I are greeted by their families and they want us to stay for the party, etc. It is such a great feeling knowing that such a simple gesture from us can mean so much to them."

Kristi and Nancy deliver the cakes

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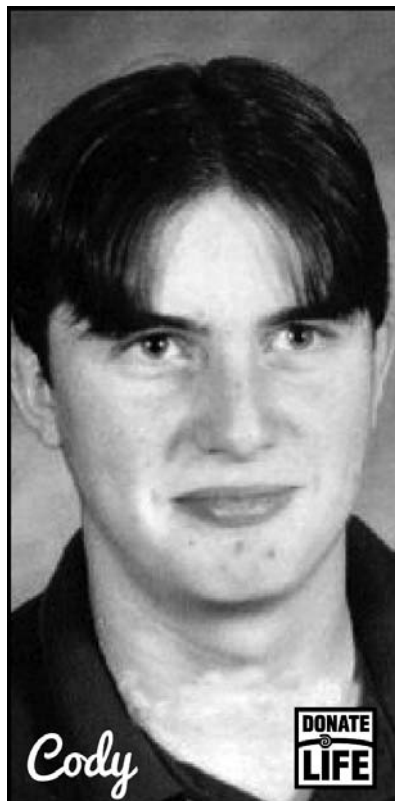
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Cody was a thoughtful and kind young man. When he applied for his driver's license, he and his mother talked about the significance of being an organ donor. He knew the importance of donation because a donated kidney saved the life of his grandmother 20 years earlier. Because of this, the decision for Cody to be an organ donor was easy. Five months later, Cody died in a car accident and became a hero to many.

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*Cody* 





Nancy Brewer, Kristi Brewer-Campbell, Owner and Director of Care Plus Home Care and Vonda Goldsmith, CHHA Caregiver celebrate Mr. Don Herndon's birthday this past February. Nancy bakes cakes for each one of their clients for their special day.

all over Oklahoma, wherever their clients are and they never miss a birthday. The cakes are usually 2 to 3 layers of luscious flavor upon the client's request. Decorated with icing and a Happy Birthday on the top, it almost looks too good to eat! Nancy loves to bake and will continue to

bake birthday cakes as long as she is able.

A big thank you to Don and Joan Herndon for allowing me to come into your home and a thank you to Kristi and Nancy for spending your time and effort to go out of your way to make seniors feel special.

## ANNUAL WHEELCHAIR BASKETBALL TOURNAMENT SCHEDULED

OU Medicine will host the 8th Annual Wheelchair Basketball Tournament, benefitting the Oklahoma Adaptive Sports Association (OKASA -- formerly the Greater Oklahoma Disabled Sports Association), Thursday, April 28, at Oklahoma City University (OCU).

Teams from OU Medicine administration, anesthesiology, neurosurgery, operating room, orthopedic surgery, otolaryngology, surgery and urology, and a team from 180 Medical will compete in 10-minute exhibition basketball games against young wheelchair athletes from OKASA. All participants will compete in wheelchairs.

The event will be held from 5:30 to 8:30 p.m., at OCU's Freede Wellness Center, 2501 N. Blackwelder Ave. The first of the 10-minute contests will begin at 5:45 p.m. There is no cost to watch the activities.

Fundraising activities including a silent auction, baked goods sale and more will be held. Funds raised from the event will help OKASA athletes purchase sports equipment and travel for national basketball tournaments.

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## Mercy Physical Therapists Sweep State

Two Mercy physical therapists have been recognized statewide as clinical instructors of the year by the Oklahoma Physical Therapy Association for their service on the faculty of physical therapy programs in Oklahoma.

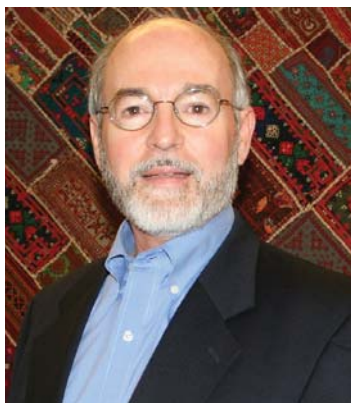
Mark Brown won the title from Langston University. David Johnson was awarded the title from the University of Oklahoma (OU). There are only two titles given in the state each year.

"What makes Mark and David exceptional is their ability to effectively communicate treatment goals to their patients," said David Huslig, Director of Sports Medicine and Physical Therapy for Mercy Edmond I-35. "They emphasize to students that collaborative communication is a key element in patient care."

Brown and Johnson were nominated separately for clinical instructor of the year by former students they mentored from OU and Langston during a 10 week internship program. Both were formally honored during a recent statewide meeting of physical therapists in Oklahoma.

"We're often the last stop on the train before these students start their careers," said Brown. "It's nice to play such an integral role in their development as physical therapists."

Brown is a physical therapist at Mercy Therapy Services - Edmond I-35, located at 2017 W-135 Frontage Road Suite. For more information, call 405-757-3380.



David Johnson, Mercy physical therapist.

## SWMC President Receives Grassroots Champion Award

Each year, the American Hospital Association, in conjunction with the state hospital associations, recognizes the achievements of grassroots leaders with the prestigious Grassroots Champions Award.

One hospital leader from each state is honored for his/her work over the previous year in effectively delivering the hospital message to elected officials; helping to broaden the base of community support for hospitals; and advocating tirelessly on behalf of patients, hospitals and communities.

James Moore, the president of INTEGRIS Southwest Medical Center, has been selected as the 2016 Grassroots Champion for the state of Oklahoma.

Moore has been with INTEGRIS for 35+ years and is a longtime member of both the American and Oklahoma Hospital Associations. He will officially be presented the award at a state hospital association event in May.



James Moore, the president of INTEGRIS Southwest Medical Center.

## El Reno Hospital Now a Next Level Stroke Facility

Doug Danker, an administrator at Mercy Hospital El Reno, can now cross a big "to-do" off his list. For 2016, Danker and a team from Mercy made it their personal mission to increase the level of care that nurses and physicians in El Reno are able to provide patients suffering from strokes.

"In the past, if anybody was suspected of having a stroke, we would transport them to Mercy Hospital in Oklahoma City for treatment," Danker said.

That changed in March after the State Department of Health accredited Mercy Hospital El Reno as a level three stroke facility. Under this new certification, providers in El Reno are able to work virtually with neurologists to administer clot busting drugs to patients. Using Mercy's telestroke program, patients suspected of having a stroke are able to meet face-to-face with neurologists at any time of the day or night through a video screen with two-way technology. From there, the neurologist works closely with local providers to determine the best type of medication to use.

"Treatment for strokes depends on the type of stroke a patient is having," said Dr. Richard Vertrees Smith, neurologist and medical director of Mercy's Neuroscience Institute. "Having the trained eye of a neurologist is crucial to rural providers to determine

what the patient is suffering from, and whether or not the administration of clot busting drugs would be effective for the type of stroke they are having."

There are two main types of strokes, ischemic strokes, which are caused by blood clots, and hemorrhagic strokes, which are caused by a bleed within the brain.

"If a patient is suspected of having an ischemic stroke, we can administer clot busting drugs immediately to help them," Danker said. "Similarly, if the neurologist determines that somebody is having a hemorrhagic stroke, we can transport them to a larger hospital to undergo a medical procedure."

Treating stroke patients faster not only saves lives, but also limits permanent damage. Stroke is the leading cause of disability in the United States, according to the National Stroke Association. With the addition of telemedicine and a next level certification, Danker estimates that more than half of stroke patients treated at Mercy Hospital El Reno will leave the hospital with no permanent damage.

"This new certification has already saved many lives in our community," Danker said. "Our emergency providers put in a lot of hours to reach this level, and so far we have been very pleased with the results."

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

**Carter Healthcare & Hospice:** OKC - OKC  
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134; Tulsa - Samantha Estes, Vol. Coordinator,  
918-425-4000

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

**Choice Home Health & Hospice:**  
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Coordinator 405-631-0521

**Faith Hospice of OKC:** Charlene Kilgore, Vol.  
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**Frontier Hospice:** Kelly Morris, Vol.  
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**Golden Age Hospice:** 405-735-5121

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# Lewis Named President of Physicians' Organization and Ambulatory Services

Following a national search, Kevin L. Lewis, MD, has been named President - Physicians' Organization and Ambulatory Services for St. Anthony Physicians Group, SSM Health in Oklahoma. Lewis brings nearly 20 years of experience in health care, including the last 10 years in leadership roles with large health care systems.

Lewis begins work for SSM Health on April 4, and will be responsible for the growth and management of physician practices, as well as post-acute and ambulatory operations across SSM Health in Oklahoma. He will be based at the organization's St. Anthony Hospital in Oklahoma City.

"SSM Health is excited to have Kevin join our team," said Shane Peng, MD, President, Physician and Ambulatory Operations for SSM Health. "He brings tremendous experience and capabilities, including leading cultural and operational change to achieve exceptional clinical quality and safety results. Kevin will be a valuable asset to SSM Health as we continue to provide exceptional, compassionate care to the Oklahoma community."

Lewis comes to SSM Health from CHI Memorial Health Care system in Chattanooga, Tenn., where he has been Chief Medical Officer since 2013. In this role, he stabilized and expanded the hospitalist and intensivist programs and was the physician executive leader for a group of 163 employed providers, as well as a Clinical Integrated Network of more than 700 providers. Prior to joining CHI Memorial, Lewis held Chief Medical Officer and Chief Quality Officer positions with Hillcrest Medical Center and Utica Park Clinic in Tulsa, Okla., and also served as Chief Medical Officer at Graymark Healthcare, Inc., in Oklahoma City.

He received his medical degree from the University of Texas Health Science Center at San Antonio and is board certified in internal medicine, pulmonary, critical care and sleep medicine.

## Second Annual Workshop for the Faith-based Community announced *Navigating the Challenges of Aging*

The conference is for church leaders at all levels. Pastors, DCEs, Vicars, Nurses, Senior Ministry teams, anyone ministering to seniors and elders and will be held at the Messiah Lutheran Church, 3600 NW Expressway, OKC, OK 73112.

The event will take place Monday, May 2, 2016, 8:30am - 3:00pm. This free conference will include snacks and lunch.

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Description: Aging is a journey that can include difficult financial and health decisions, emotional conversations and challenging situations. This conference is designed to help empower church leaders at every level to provide guidance to their congregants as they may embark on this journey. Bring your questions and experiences as we explore the different aspects of aging and caregiving together.

Session topics: Parish Nurse Panel session, Alzheimer's session, Kinship Caregiving session, Legal/Financial session, Mental Health session and more.

Conference Sponsors: Oklahoma City Circuit, OK District LCMS, Messiah Lutheran Church, Sunbeam Family Services, Parman & Easterday, Mercy Community Outreach, Alzheimer's Association and Concordia.

The Hospice Directory above does not represent a list of all Hospice facilities statewide. For a complete list visit [www.ok.gov/health](http://www.ok.gov/health)





**Vicki L Mayfield, M.Ed., R.N.,  
LMFT Marriage and Family  
Therapy Oklahoma City**  
*If you would like to send a  
question to Vicki, email us at  
news@okcnursingtimes.com*

**Q. Do you think it is ok not to forgive  
someone who has hurt you?**

**A.** I too have asked myself this question? The subject of forgiveness can be complicated by religious beliefs and scriptural references rendering us in a position to often feel guilt and shame if we choose not to forgive.

Recently I had the opportunity to hear a lecture by Dr. Janis Spring who wrote the book, *How Can I Forgive You? The Courage to Forgive, The Freedom Not To*. I want to share some of her wisdom about the subject. This made sense to me and validated my own struggle with forgiveness.

There are two unhealthy responses to interpersonal wounding:

#### **1. CHEAP FORGIVENESS**

- Cheap forgiveness is a quick and easy pardon with no processing of emotion and no coming to terms with the injury. - It is premature, superficial, undeserved, - It is an unconditional, unilateral, often compulsive attempt to keep the peace. People often say, "we have moved on." Moved on where?

#### **2. REFUSING TO FORGIVE**

- Refusing to forgive is a reactive, rigid, often compulsive response to violation that cuts hurt parties off from life and leaves them stewing in their own juices. - It is a decision to continue punishing the offender.

There are two healthy responses to interpersonal wounding:

#### **1. ACCEPTANCE**

- It is a healing gift to the self - It is a responsible, authentic response to an injury when the offender can't or won't engage in the healing process - when that person is unwilling or unable to make good. - It is the realization that we will never get the apology or recognition of the pain that has been perpetrated on us.

#### **2. GENUINE FORGIVENESS**

- Genuine forgiveness is a hard-won transaction, an intimate dance between two people bound together by an interpersonal violation. - As the offender works hard to earn forgiveness through genuine, generous acts of repentance and restitution, the hurt party works hard to let go of resentments and need for retribution.

You are not a better person if you forgive.

The person who hurt you becomes a better person if he/she genuinely feels remorseful and makes atonement.

Forgiveness is very personal. No one knows the depth of your pain but you.

A narcissist will not forgive - there is an avoidance of the complex understanding of forgiveness.

## OMRF scientist discovers signal that drives cell division



Oklahoma Medical Research Foundation Scientist Gary Gorbisky, Ph.D.

An Oklahoma Medical Research Foundation scientist has made a new discovery about the process that drives cell division.

The average human body is made up of around 47 trillion cells. Each day millions of cells die naturally. So millions of them must divide into two new cells to replace them for life to continue.

While it may sound simple, cell division requires precise timing to avoid catastrophic results, like cancer, where cells divide unchecked, or birth defects caused by an incorrect number of chromosomes.

OMRF researcher Gary Gorbisky, Ph.D., has discovered an enzyme called PP1 that tells the cells it's the right time to divide.

"Before cells divide, the chromosomes make copies of themselves. When it comes time to divide, they line up like two rows of runners facing in opposite directions," said Gorbisky, who holds the W.H. and Betty Phelps Chair in Developmental Biology at OMRF. "When enough PP1 is concentrated on the chromosomes, it gives the start signal for the chromosomes to separate and race toward opposite ends of the cell."

In previous work, Gorbisky studied a group of proteins called the Ska complex that he knew played a key role in cell division. Gorbisky has now found that the Ska complex recruits PP1 to act as a sort of "starting gun" that tells cells when to separate.

"One of Ska's major jobs is to bring this enzyme to the right location on the chromosomes so it can give this 'go' signal inside the cell," said Gorbisky, who also serves as head of OMRF's Cell Cycle and Cancer Biology Research Program. "We know the Ska complex drives the process, and now that we've identified PP1, we can learn a lot more about how it is regulated and the factors that coordinate it."

There are still huge gaps in our understanding of cell division, said Gorbisky, but discoveries like this new one help researchers piece together the complex puzzle. Ultimately, scientists hope to learn how and why cell division goes wrong and devise ways to correct it, which could lead to new ways to treat or prevent conditions like birth defects and cancer.

"You have to know how something works before you can fix it," said Gorbisky. "The more we understand the cell division process, the better chance we have to improve treatments for diseases."

The research was published in the scientific journal *eLife*.

Former OMRF researcher Sushama Sivakumar, Ph.D., also contributed to this project. Funding for the research was provided by grant R01 GM111731 from the National Institute of General Medical Sciences, part of the National Institutes of Health.





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Ike Jones, CNA

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"I just like to spend time with friends and family and play the guitar. I do some singing."



Tiffany Watson, LPN, Case manager

"I visit with my children and enjoy time with my husband and come back up here and visit with my mom"



"Natasha Davis, CNA

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