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As a registered nurse at the Women's Center at Mercy Hospital, Sheila Thurman has seen patients visit the center from nearby communities and from out-of-state. Cancer is not the death sentence it used to be, she said.

by James Coburn
Staff Writer

Sheila Thurman's passion for nursing can be traced to her aunt's life with breast cancer, she said. Her aunt's chronic condition is no longer acute after treatment stemming back to her diagnosis in 1993, said Thurman, RN, at the Women's Center on the campus of Mercy Hospital in

Oklahoma City.
Breast cancer touches a lot of women's lives as well as their loved ones.
The Women's Center serves the community by offering free risk assessments for patients, some of whom will have genetic testing if they meet the criteria, Thurman said.
Thurman assists with the

biopsies and contacts the patients about their biopsy results, letting them know if they have cancer or not. She will help them schedule an MRI or a surgical consultation, depending on their test results. But her initial focus is telling patients they are doing the right thing by having a screening mammogram.

Thurman said sometimes there may appear dense tissue that later tests as being benign. Just because a woman has a lump in her breast does not necessarily mean it's malignant, she explained.

"Most people don't understand that things can be just

Paint in Abstract and be Happy



Carol Lorange, retired nurse of 46 years turns passion for nursing into passion for art.

story and photo by Vickie Jenkins

Meet Carol Lorange, retired nurse of 46 years and presently an artist and owner of Dragonfly Silks. What a fascinating person! Working in the medical field for so long, she retired and traded in her passion for nursing into passion for art.

Lorange was born in Joplin, Missouri. Her first job was at a hospital, working as a CNA. At that time, she was doing pretty much the same things nurses were doing; taking care of the patients, medication and vital signs. Enjoying being a CNA, she decided to further her career and become a nurse. After she became an RN she worked for several hospitals, Home Health, as a private duty nurse and was also a traveling nurse. She enjoyed traveling to Las Vegas, Florida and Hawaii. When she returned to Oklahoma, she worked at several hospitals, including Guthrie, Deaconess and Mercy. She was fond of being in the medical field but now, it was time for her to retire.

"What was your favorite thing about being a nurse?" I ask. "I enjoyed the closeness that I developed to the patients. My favorite moment was when the patient got better and got to go home." "What is your favorite thing about being an artist?" "It's the love I feel, like an inner glow. I am my own person and I don't have to be anywhere else. It's fun and it keeps me busy."

'What is the most important lesson you learned when you

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THURMAN

Continued from Page 1

benign, and they don't also understand the process by which we do things," Thurman said. They may wonder why they need another mammogram after a biopsy.

"So I educate them also in the process of how we detect things," Thurman said.

Current law mandates that all insurance companies are to provide women at least one mammogram every year without a doctor's order, Thurman continued.

Since Thurman is on the front-end of diagnosis, she will discuss with patients if they are on anticoagulants (blood thinner) before they are scheduled for a biopsy. Patients must be off an anticoagulant for at least seven days, Thurman said. Otherwise, the patient will bleed excessively during the procedure.

"I'm in there during the procedure and then I call them the next day," she said. "If it's benign, we're done. If not, then I notify their doctor or their referring physician to see who they would like me to refer the patient to for a breast surgeon."

There are three breast surgeons

at Mercy Hospital, Thurman said, but some physicians have special doctors that they prefer to work with.

"That's kind of where I hand them off," she said.

Thurman uses a straight-forward approach in letting a patient know they have a cancer diagnosis. Patients want information and the facts of the matter, she said.

"You kind of have to feel the person out initially when we meet with them before saying 'You need a biopsy,'" Thurman said. "Well some you can flat out say, 'This is probably nothing,'" she said. "And then we try to introduce that thought that it could be a cancer. So you introduce it from the beginning to get them to start thinking about that. But some of them are so in denial that they just shut down and when you tell them, they're just blown away."

Other people are immediately receptive with a diagnosis, saying that they were prepared by the process.

"Some of them are just flat-out sobbing on the telephone," she described.

Results of a test may take 24 hours to a week, depending on what is being found during the procedure, Thurman said. So most people are

receptive to learning if they have cancer on the telephone, she said.

"We tell them straight-up, 'Do you want to learn your results over the phone? When is a good time?'" she said. "Or if they want to wait for a family member, we try to tailor it around what they want and we give them choices."

Men will also come to the Women's Center when they have a concern with having breast cancer. Since Thurman was hired by Mercy in 2008, there have been three males with a breast cancer diagnosis that she knows about.

"A lot of times with male lumps, they can be associated with medications," Thurman continued.

Telling a patient that they have cancer is not easy, but Thurman's life is enriched when receiving thank you notes, expressing that she made a difference in somebody's life. She may get a phone call or a patient will come see her after being gone for six months.

"They will tell you a story, 'You did this, you really helped me out,'" Thurman recalled. "So it's nice hearing that I'm actually making a difference in someone's life."

She also enjoys keeping up-to-date

with advanced technology. The Women's Center facilitates a breast conference each Wednesday for discussion that is headed by Dr. Alan Hollingsworth, who addresses the topics.

Thurman earned a Bachelor of Science in Nursing degree at the University of Oklahoma and has been with the Women's Center since 2008. Her nursing career also includes working in a PCU and an operating room. She has other experience with Gamma Knife and radiation therapy.

Thurman said she appreciates the caring staff that she works with at the Women's Center.

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Send all news, story requests, letters to the editor and press releases to news@okcnursingtimes.com

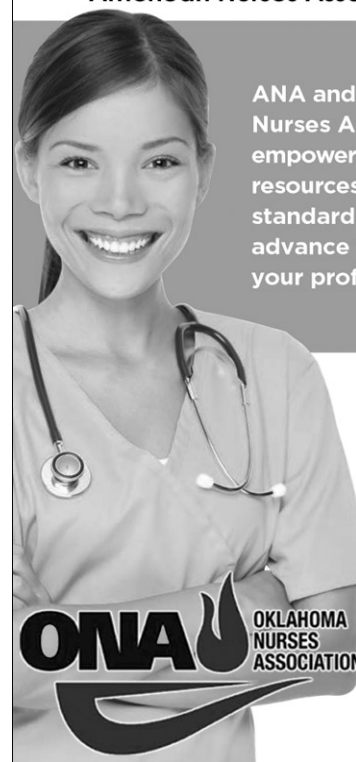
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CAREERS IN NURSING

NURSE FOLLOWS IN MOTHER'S FOOTSTEPS: OKLAHOMA CITY INDIAN CLINIC

by Vickie Jenkins - Writer/Photographer

If you make a visit to the Oklahoma City Indian Clinic, you will more than likely see Helen Elliott, RN. Being a nurse for 23 years, she worked in several hospitals. Most of her medical days were spent working in Electro Physiology. Now, her job description is a little different as a case manager. "The work is totally different now, but I enjoy it," she says. "Now, I get to help patients and sometimes it can get complicated for the patient but I am glad that I can navigate them through the system and see that they get the help they need."

Elliott attended school at East Central University in Ada, OK. Elliott's mom retired after 40 years. When Elliott was a little girl, she knew that she would grow up and do something in the medical field. "It just felt like the natural thing to do," she says.

"What do you think is your greatest asset that you have to

offer?" I ask. "I think I am a great listener. No matter where I go, people think that I am an easy person to talk to. I listen to them and they like that. I guess I have a calming effect on people. Since I am a case worker, being a good listener is a real blessing," she says. Elliott thinks the most rewarding part of her job is the fact that she has so much contact with others. "The patients remember me. It is so nice when I see a patient weeks later and they come up to me and thank me for taking care of them or they thank me for a referral that I gave them. It is nice to be praised for something so simple. It makes me feel good about myself."

"How would you describe yourself?" I ask Elliott. "I am shy. I don't like to be the center of attention. Sometimes, I am hard on myself and I try to be a perfectionist. I just can't help it, I've always been that way. I am a

funny person, or so people tell me. I'm usually a happy person."

Elliott's typical day consists of talking with patients, taking care of the referrals, doing the follow-up phone calls and making appointments. "Is there something about yourself that would surprise others if they found out?" With a bit of shyness, she answered, "Well, I am a very quiet person and no one would expect me to listen to the kind of music that I listen to," she replied. "I like all kinds of music; jazz, rap, heavy metal, country, pop, and even opera. I love The Three Tenors. That will surprise people," she said with a laugh. "It depends on what kind of mood I am in," she adds.

Asking Elliott what advice she would give to someone going into the medical field, she would tell them it is nothing like the TV show Grey's Anatomy. Sometimes, that show makes it all look too glamorous

and they have to remember that even though a real nurse has some good things happen, they have their share of frustrations too. Elliott says nurses put up with a lot of ups and downs but it is all worth it.

Elliott's hobbies include walking and attending all of the school activities that her 7 nieces and nephews have going on. "I also have a cat named Harpo. He is 17 years old and I call him my little fur baby. I like to watch the show House Hunters. My mother is a widow and she lives with me so I try to do the things she likes to do, like going to garage sales and thrift stores."

"Did you have a mentor in school?" I ask. "Yes, it was when I first started and it was my supervisor. Of course, everyone warned me about how mean she was and I had better not mess up

Continued on next page

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Helen Elliott, RN works at Oklahoma City Indian Clinic. She considers herself a great listener which is a blessing since she is a Case Manager.

Continued from Page 4

or I would be in trouble. They told me she was an old army nurse. I was scared of her. Come to find out, she wasn't mean at all. Since I was a new, young nurse, I made so many mistakes and because of her, I

learned from those mistakes. I can look back on that now and laugh about it. In fact, I admired her so much when I had to leave, I knew I would miss her and I had a good cry. She was my mentor." Oh, the joy of memories.

Marti F. Jourden, FACHE, Elected to American College of Healthcare Executives Council of Regents

Marti F. Jourden, FACHE, Regional Vice President, Quality & Performance Improvement, SSM Health Care of Oklahoma, has been appointed to the Council of Regents, the legislative body of the American College of Healthcare Executives. The Council of Regents serves as the vital link between ACHE and members by approving governance and membership regulations as well as promoting ACHE programs, services and activities within their respective areas.

Jourden recently took office at the Council of Regents meeting preceding ACHE's 58th Congress on Healthcare Leadership. As a Regent, she will represent ACHE's membership in Oklahoma.

Jourden is the Regional Vice President, Quality & Performance Improvement, of SSM Health Care of Oklahoma which includes St.

Anthony Hospital, Bone and Joint Hospital at St. Anthony and St. Anthony Shawnee Hospital. Prior to this position, she was Vice President of Quality & Performance Improvement at St. Anthony Hospital.

Currently Jourden is a board member of Automobile Alley in downtown Oklahoma City, a volunteer with the Medical Emergency Response Center in Oklahoma, and is an alumnus of Leadership Oklahoma City, Class of 23.

She is board certified in healthcare management as an ACHE Fellow and received her master's degree in Business Administration from Oklahoma City University, Oklahoma City, Oklahoma. She earned her bachelor's degree from University of Oklahoma, Norman, Oklahoma.

LORANCE

Continued from Page 1

were a nurse?" "I learned to be patient with the patients," she laughed. "Be a reliable worker and show up on time," she added.

Before retiring, Lorance knew that she wanted to stay busy and do something else in her life. She had always been fond of photography and painting. It was one night when she came home from a late shift at the hospital. Flipping through the channels on TV, she came upon a demonstration of silk painting on an art show. She was instantly captivated by it, wondering if she could do silk painting. She ordered supplies, bought an instruction DVD and joined the silk painting guild in the UK via the internet. "My first two pieces weren't great but they weren't too bad either," she comments.

Lorance has a degree in Graphic Design from Oklahoma City, OK and has shown her paintings at 50 Penn Place, Art Gallery in Oklahoma City, the Frontier Museum and G Gallery and Glass in Guthrie, OK. She is currently at the Red Dirt Gallery when she is not participating in arts festivals and other shows. Asking Lorance where she gets her inspiration for her art work, she replies, "I get different ideas from the environment and try to do things a little different than most people. If you have noticed, most artists paint flowers and garden scenes. Not that those paintings aren't pretty but I just try to paint things a little different. I look at lots of images on the computer and study them."

"How would you describe yourself in 3 words?" I ask. "I am a hard worker, very reliable and an artist." "What is the most important lesson you have learned as an artist?" "Don't take life too seriously, have fun and loosen up. Paint in abstract and be

happy."

Lorance's hobbies include traveling, computers, photography and of course, art. "I was in sixth grade when I became interested in photography. I even had a dark room," she said. When asked if Lorance's daughter went into the medical field or into art work, she gave me a no. "My granddaughter is getting a degree in business and art," she replied. "Just about every time my granddaughter came to my house when she was little, I always made sure we would make a craft or paint or do a cute little project. I think she got her artistic abilities from me," she grinned.

Asking if Lorance stayed in contact with any of the nurses she worked with over the years, she told me there are quite a few that get together once a month for dinner and catch up on the many memories that they share.

Carol Lorance is a wonderful artist and it is apparent that she puts her feelings and passion into her unique work. Her beautiful paintings, gorgeous silk scarves, colorful pillows, decorative coasters and cutting boards can be found at Dragonfly Silks at Red Dirt Gallery, 13100 Colony Pointe Blvd. Piedmont, OK.

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

140 GENERAL NURSING

**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
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Surrounding Area**
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not required. Qualified
applicants can apply by
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918-516-0700. 907 S.
Detroit Avenue, Suite 905,
Tulsa, OK 74120

140 GENERAL NURSING

**Certified Nurse
Aides & Certified
Medication Aides
can earn up to
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an hour. All
shifts available.**
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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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Certified Medical
Assistant positions
for all shifts. We are
also taking
applications for
11-7 Licensed
Practical Nurse
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and CMA positions for all
shifts. We are also taking
applications for 11-7 LPN.
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11p to 7a-\$11.25/ Weekend
\$12. Please apply at 1410 N
Choctaw Street, Dewey, OK

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or email ads to advertising@okcnursingtimes.com

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regan.lala@deaconessokc.com
405-604-4346

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140 GENERAL NURSING

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 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.

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

Now hiring licensed Certified Nurse Assistants, Licensed Practical Nurses, and Registered Nurses. HERITAGE COMMUNITY, a skilled nursing/assisted living facility is now hiring licensed C.N.A.s, L.P.N.s, and R.N.s. Please apply in person at: Heritage Community 1401 N Lelia St, Guymon, OK 73942. EOE

140 GENERAL NURSING

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.

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/CMA's. 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 are currently hiring Licensed Practical Nurses, Certified Nurse Assistants and Certified Medical Assistants. CLEVELAND MANOR IS currently hiring LPNs, CNA's & CMA's. Come in and apply at: 900 N. Division St., Cleveland, OK 74020 or call 918-358-3135 for details

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.

140 GENERAL NURSING



ADvantage Waiver RN Case Management Supervisor

Experienced and Certified OKDHS ADvantage Waiver RN Case Management Supervisor with Entrusted Hearts by Baptist Village. For more details and to apply, please visit Baptist Village Communities at: www.baptistvillage.org and send resume to: ajackson@baptistvillage.org

We are taking applications for Registered Nurses, Licensed Practical Nurses, Certified Medical Assistants and Certified Nurse Assistants.

Artesian Home of Sulphur is taking applications for RNs, LPNs, CMAs and CNAs. Please apply in person at 1415 W 15th between 8:00AM to 4:00PM Monday thru Friday. Ada, OK 74820

Licensed Practical Nurse OR Certified Medical Assistant needed

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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

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140 GENERAL NURSING

Experienced Certified Nurse Assistant, Licensed Practical Nurse & weekend Registered Nurse needed on the 3p-11p and 11p - 7a shift at Family Care Center in Fairland, insurance offered after 90 days. Apply in person at 12 East CONNOR St. Fairland, OK 74343

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Now hiring a part-time afternoon yard maintenance person. HERITAGE COMMUNITY, a skilled nursing/assisted living facility is now hiring a part-time afternoon yard maintenance person. Please apply in person at: Heritage Community 1401 N Lelia St, Guymon, OK 73942 EOE

Now hiring full time and part time Licensed Practical Nurses, Registered Nurses, and Certified Nurse Assistants. HERITAGE COMMUNITY, a skilled nursing/assisted living facility is now hiring full time and part time LPNs, RNs, and CNAs. Please apply in person at: Heritage Community 1401 North Lelia Street, Guymon, OK 73942 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

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

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

EXPERIENCED LICENSED PRACTICAL NURSE NEEDED FOR 3PM-7AM SHIFT. Apply in person Broken Arrow Nursing Home. 424 N Date Ave, Broken Arrow, OK 74012

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East Central University School of Nursing is seeking highly motivated self-directed nurses for four full-time 10-month faculty positions, starting Fall 2015 at our Ada, Ardmore, and/or Durant locations. Competitive salary & benefits.

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QUALIFICATIONS: Masters in nursing required and 2 years clinical exp., preferably in med/surg, critical care or maternal-child. Doctorate in nursing preferred; will consider master's in nursing. East Central University in compliance with all applicable federal and state laws and regulations, does not discriminate on the basis of race, color, national origin, sex, age, religion, disability, sexual orientation, genetic information, or status as a veteran in any of its policies, practices, or procedures. This includes but is not limited to admission, employment, financial aid, and educational services. The following person has been designated to handle inquiries regarding the non-discrimination policies: Employment Services Director, 1101 E. 4th, Ada, OK 74004, 800/559-5217.

Send cover letter; resume; statement of teaching philosophy; transcripts; name, addresses, phone numbers of three professional references; and *Disclosure Statement (<https://www.ecok.edu/administration/employment-services>) to Stephanie Moss, Employment Services, East Central University, 1100 E. 14th Street, PMB D-2, Ada, OK 74820 or es@ecok.edu. Application review will begin immediately and continue until the positions are filled. Starting date is 8/12/15. For more info, about ECU, visit our web site at

WWW.ECOK.EDU

161 LICENSED PRACTICAL NURSING

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

204 REGISTERED NURSE

We are currently hiring Registered Nurses Weekdays and Weekends 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

Oklahoma's NURSING TIMES

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Oklahoma's NURSING TIMES

INTEGRIS Health Edmond Receives Women's Choice Award As One of America's Best Emergency Care Hospitals

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

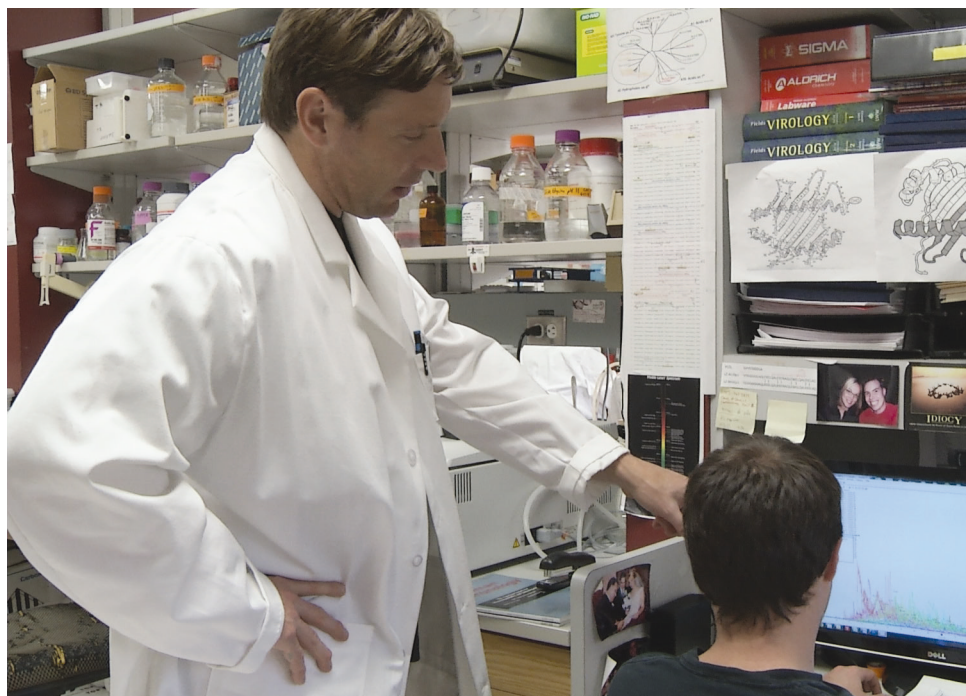
and fear is at its peak.

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.

Melanoma's Achilles Heel

OU team assists in research focused on promising new cancer-fighting approach



William Hildebrand, Ph.D., works with other OU researchers to discover and test which tumor mutations will make the best vaccine targets for each melanoma patient.

We get vaccinated to keep from getting sick. Now, new research shows vaccines may prove powerful in the fight against cancer too.

The vaccines, in this instance, are personalized for each patient, designed to generate a powerful immune response against unique mutations in his or her own melanoma tumor cells. Figuring out which mutations to target fell to a team of researchers at the University of Oklahoma Health Sciences Center, headed by William Hildebrand, Ph.D., a member of the Stephenson Cancer Center and George Lynn Cross Research Professor of Microbiology and Immunology at the OU College of Medicine.

The work started with colleagues in St. Louis who used genomics to find genetic mutations within the cells of the tumor but not in the patient's healthy cells. They uncovered thousands of cancer mutations.

That's where the OU researchers stepped in. Hildebrand and other OU researchers zeroed in on proteins

unique to melanoma cells that would betray the cancer cells very existence.

"This is a different approach that says we know what is specific to your particular tumor. That's what we are going to target," Hildebrand explained. "But if you have all of these mutations in the DNA of your tumor, which of these mutations can we target? Which of these mutations reveals itself on the surface of a tumor cell so you can focus the immune response to it with a vaccine, in this instance?"

Using specific tests and computer algorithms, Hildebrand's team was able to predict and test which of the many mutations in the tumor cells would provide the best vaccine targets.

With the targets developed at the OU Health Sciences Center, co-investigators at Washington University used immunotherapy techniques to create a customized vaccine for each patient – much like

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TUMOR

Continued from Page 8

a personalized smart-missile system inside the body. Early data reveals a revved up immune response to the tumor cells. More study is needed, but researchers believe the approach and the results are promising.

“This is an early generation of this research,” Hildebrand said. “We are going to get better and better at finding this population of targets and then selecting the specific targets to address the tumor.” Hildebrand added that it’s an approach that may also work for other types of tumors.

Welcome Three New INTEGRIS Affiliates

We are pleased to announce three new partners to the INTEGRIS Health Affiliate Network; Jackson County Memorial in Altus, Perry Memorial Hospital in Perry and Roger Mills Memorial Hospital in Cheyenne. All three facilities provide access and quality care for people and families who live in their respective areas. The INTEGRIS Health Affiliate Network enables local community hospitals and INTEGRIS to work together to ensure Oklahomans have every opportunity to receive care from their hometown providers whenever possible - and at the same time - enjoy access to services and procedures that are not offered in their local communities through our INTEGRIS facilities if needed. It is beneficial to the local hospital and to our system. Most importantly, it is best for the patients.

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. Coord. Karen Cleveland, 405-214-6442; Norman: Vol. Coord. 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

- 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 Clausing, 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; Kingfihser 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

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If you see me talking to myself, don't be alarmed. I'm getting expert advice.





**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 think I am going to fire my doctor. He didn't seem to care that my pain medicine was not working, his only comment was I needed to lose weight and I might not be in so much pain. Can you believe that? I know I need to lose weight but I have pain. What do you think?

A. The above patient, Mary, also shared that she hurt to bad to exercise but admitted that she did not make healthy food choices. She stated that she needed to lose approximately 200 pounds. She also frequented many of her drug houses (Sonic, Arby's, McDonald's, etc) several times a week.

Food addiction is a drug and just as dangerous as all the other addictions. Only this one you wear around on your body everyday. Yes, everyone can see your addiction. As your body increases in weight many changes begin to occur, pain being one of them.

When you go to your doctor to get pain medication or complain that your current pain medication is not working, what do you bring to the exam table? As far as I know there are not any magic tricks a doctor can pull out of his medical bag when you are 200 pounds overweight. The absolute, most effective medicine is weight loss.

What are you doing to assist with the pain medicine? Are you trying to make healthier food choices? Are you attending a 12 step support/recovery program to learn about your addiction? Are you talking to a therapist to understand why you are 200 pounds overweight?

You must be proactive to make your pain lessen. I promise you, there is no magic!!! When people go to their doctor or therapist they must participate in their treatment plan. PARTICIPATE!!! What are you willing to do?

When Martha, an obese individual, attended her counseling sessions, she wanted to talk about everything except her weight. Her addiction was sitting in the chair with her, how could we not talk about it. She would exclaim, "I really don't eat that much" and then complain about how much her ankles hurt. She went to her doctor to get more pain medication, he told her, "You are fat and need to lose weight." She called to say how much he had hurt her feelings. (and then most likely ate a pie).

Stop medicating the symptoms and attack the problem. Become more involved in your own destiny.

Bring more than just your pain to the appointment, bring solutions.

Celebrate National Nurses Week and Nurses -11 Ways and Places that Nurses Work



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The Inspiration Nurse

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As we celebrate National Nurses Week (May 6-12), it's a good time to talk about the expanding role nurses play and will play in the future as health care evolves to meet the changing demographics and health-care needs of the population.

While many people think of nurses as "assistants" to the physician, they are actually equal partners in health care, each with a separate and unique yet vital role. One is not an elevated version of the other. Nurses work to keep you healthy and well, helping you to heal when necessary, providing you comfort and care, supporting you at the end of your life, and bringing new life into the world.

Here are 11 ways and places that nurses work for you and with you:

1. Nurses are your primary caregivers while in the hospital, not your physician. It is the nurse who is coordinating, managing and delivering patient care. They also are leading the care team on hospital units.

2. Nurses are your 24/7 frontline caregivers. They are observing and evaluating your care and condition on a minute-to-minute basis watching for any subtle changes in conditions. They initiate life-saving measures as needed, make health and care decisions and expertly minister to patient needs.

3. Nurses are the primary health-care advocates. Since nurses are overseeing and coordinating your care, they are often the first ones to notice an error, an omission or a discrepancy. Likewise, if there is something you are concerned or confused about, the RN in charge of your care can help you. We consult and confer with all care providers, make recommendations, and question others' treatment plans when necessary. It is our goal to

make you feel – and be – safe and cared for.

4. Many nurses are certified in their specialty giving them additional expert knowledge and skill.

5. Nurses help you navigate your way through a complex and often confusing health-care system. This is particularly important if you received a diagnosis of cancer or other serious illness.

6. It's important to remember that nurses don't just work in hospitals or with sick people. They are in the community in nurse-led clinics, in the public health sector, in schools, in wellness centers, hospice, home care, and in business and industry.

7. When you go to a hospital, you may have surgery, tests and procedures, but you are there for nursing care. And if you want to know which hospitals/facilities have the best nursing care, just ask a nurse in the community.

8. If you're looking for the best physicians, nurse practitioners, nurse anesthetists or nurse midwives, ask a nurse. Physicians don't work with all of these primary care providers, but nurses do, so they may know a good fit for your needs.

9. Many nurses are self-employed and provide services independently such as wellness coaching, weight management, massage therapy, mindfulness-based stress management, nutritional counseling, lactation consultants, well-baby care coaches and more.

10. Nurses also work doing health research, setting health-care policy, running not-for-profit and government health agencies, as health-care facility administrators, and managing technology and patient care data.



NURSE + TALK

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

If you were given a million dollars, what is the first thing you would buy and why? The Children's Center

"The first thing I would spend money on would be for my daughter's 2nd birthday coming up next month."



Amanda Wion, RN

"The first thing I would buy is a fun vacation to Disney World for my family and we would make happy memories."



Jessica Harris, RN,
Team Leader

Each week we visit with health care professionals throughout the Metro



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Oklahoma's Nursing Times
P.O. Box 239
Mustang, Ok. 73064

"I would buy a new car because mine is on its last wheel."



Elizabeth Parash, RN

"I would more than likely tithe to church and give God thanks for all of His many blessings, then give many donations to several organizations."



Nafeesah Thompson,
BSN, RN, CPN

CELEBRATE

Continued from page 10

11. Advanced practice nurses such as Nurse Practitioners, Clinical Nurse Specialists, Certified Nurse Midwives, and Certified Registered Nurse Anesthetists will be providing an increasingly larger share of primary care services that were once provided exclusively by physicians.

In any setting, registered nurses are your partners in health and in health care. Celebrate nurses the

week of May 6 to the 12th as we celebrate National Nurses Week.

Donna Cardillo, RN, MA, CSP (Certified Speaking Professional) of DonnaCardillo.com travels the world helping women and healthcare professionals to live fearlessly in career and life and to reach their full potential. She does that as a keynote speaker, columnist, author, and cut-up. Donna is an expert blogger at DoctorOz.com and the author of three books, with the 4th on its way.

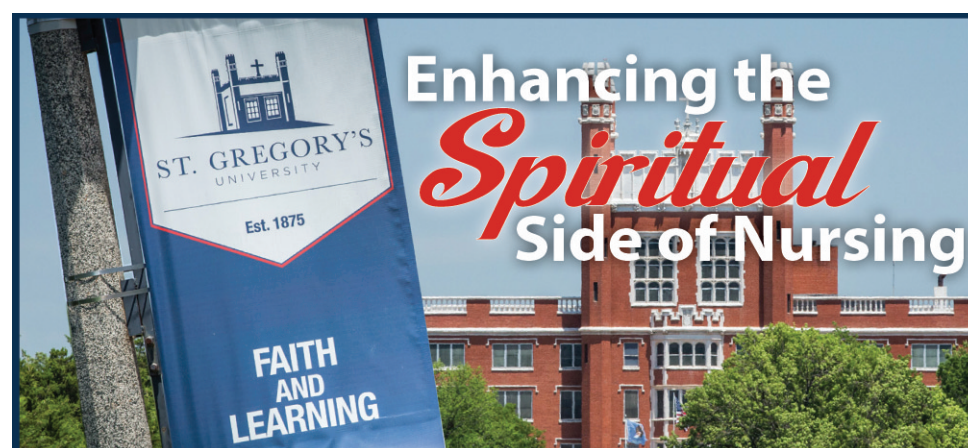
OCCUPATIONAL MEDICINE PROVIDER JOINS OU PHYSICIANS

Curtiss (sic) Farrell, M.D., has established his medical practice with OU Physicians. He is board certified in family medicine and is providing occupational medicine services through OU Physicians.

Farrell completed a residency through the University of Iowa, Iowa City. He earned his medical degree from the University of Nebraska Medical Center, Omaha.

He is a member of the American Academy of Family Practice.

OU Physicians Occupational Medicine is located on the OU Health Sciences Center campus at 825 N.E. 10th Street, Oklahoma City.



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— WILL KEEP THE —
CHANGE

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