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Nurse practitioner takes holistic approach



photo by James Coburn

Michelle Ellenburg, a family nurse practitioner with St. Anthony Physicians, says life as a nurse practitioner is a calling.

by James Coburn  
Staff Writer

Michelle Ellenburg says being a nurse practitioner is very fulfilling and satisfying. "I have a lot of peace," said Ellenburg, a family nurse practitioner with St. Anthony

Physicians Internal Medicine and Family Practice Midtown Oklahoma City. Dealing with internal medicine, Ellenburg focuses on patients 18 or older because her supervising physician does the same. "It can be anxiety

producing and stressful at times," she said. "But I feel that just makes me want to work harder to find a solution and try to work out a plan."

Ellenburg earned her degree at the University of Oklahoma in 2015 where her expectations were met, she said. The program was challenging and Ellenburg felt confident to do her job as a nurse practitioner upon graduation, she said.

She earned her bachelor's degree in

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See ELLENBURG Page 2

A new day  
Humanity Hospice to open new facility



photo by James Coburn

Monica Curry loves being an LPN at Humanity Hospice and looks ahead to a new facility being built in Edmond.

by James Coburn, Staff Writer

Nursing has always been in the heart for Monica Curry, a licensed practical nurse in Oklahoma City. Nursing is in the family for Curry. Her father was an LPN and her step-mother was a nurse, she said.

"I don't think you choose to become a nurse. I think that God lets people know who he wants," Curry said.

Curry has been with Humanity Hospice since October. She earned her LPN training at Wes Watkins Technology Center in Wetumpka. She was a CNA for more than 10 years before becoming an LPN. She did mostly long-term care but also worked for a couple of years in a hospital setting.

Curry said she is excited that Humanity Hospice will be moving to a new location. The groundbreaking ceremony was in March for the new office to be located at 1901 S. Kelly in Edmond.

"Humanity has grown so quickly and I'm just excited to be part of that," she said.

See HUMANITY Page 3



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## ELLENBURG

Continued from Page 1

nursing at Kramer School of Nursing in 2009 on the campus of Oklahoma City University.

"Oh I love Kramer," she said. "I'd say I'm probably a little bit more partial to Kramer. Their focus is a little bit more on students I would say. It's more personalized. It's a wonderful place."

Ellenburg said students considering a career as a nurse practitioner should make sure it is the avenue of nursing they want to embrace. Nurses already have a general idea of the choices they have professionally, she said.

"I think it's a great idea to shadow people," she said. "I shadowed people in high school before I went to college or anything to make sure this is something I could see myself doing," Ellenburg continued. "Focus and make sure you have good time management skills and a support system to help you get through it."

She considered becoming a meteorologist when she was growing up. It was a fleeting dream for her when she was 10 years in age.

"But then I thought, 'Nursing sounds kind of neat.' I think that's where God put my heart. I've always

had a really big passion for it. I'm not going to say it came easy but it felt right," Ellenburg said.

When she graduated from Kramer, Ellenburg immediately worked in an emergency medicine setting. She worked in an ER for about 18 months before accepting a role in a medical surgical ICU. She floated into neurological nursing while still working in an emergency room.

Ellenburg did one traveling assignment being assigned to an ICU. The culmination of her professional experience applies itself well to being a nurse practitioner. It prepared her critical thinking skills, she said.

Her mother had a close friend who was a nurse practitioner who encouraged her to pursue her title. She read more about the holistic approach of a nurse practitioner and set her goals.

Nurse practitioners are very assessable to their communities. Ellenburg said they will see every patient regardless of insurance and will accept Medicaid and Medicare.

"Sometimes there are issues getting in places and we are always available," she noted. "I would never say I won't accept your insurance or anything like that because I want to be assessable. I want to be able to help people and that's why I got into what I do."

Her practice brings her to help people with various conditions such as diabetes, high blood pressure, obesity, thyroid disorders, anxiety and depression and mental health in general. Being with St. Anthony Physicians helps her tremendously to facilitate her process of care. Each of the physicians at her office has their own nurse, assistant or an LPN. There is another nurse who works strictly with facilitating referrals.

"St. Anthony has really great resources and they usually work quickly about getting people in if they need to see a cardiologist. If they

need to see a psychologist, there's good processes in place that help get people in quickly," she said.

Ellenburg asks a lot of questions in order to know each new patient well enough for an effective evaluation.

"I like to be pretty specific," she said. "I like to know your history well. I like to make sure that we hit all the things that you want to talk about. So we go through all of that. It's not just what's your medical background or allergies. It's a little more well rounded so I can get to know you."

She wants to know about religious preference, marital status, profession and education in order to know a client as a person and not a statistic before her.

"That's how I was taught. That's how OU prepared us to do," she said. "It's to look at people that way. We're definitely more holistic. It's what makes people tick because if you don't know and ask questions about family support or anything like that then you're totally missing a whole notch."

"Maybe they're completely depressed and it's because they have no support and they don't have an income or they can't afford to buy medicine. If you don't factor all those things in you're not going to take care of someone well."

Ellenburg is preparing to start a project with St. Anthony that encompasses the screening of substance abuse. The project is being rendered across the nation in many hospitals, she said. St. Anthony is one of three hospitals in Oklahoma receiving grants for its implementation.

"We'll be doing a lot more screening for nicotine abuse, alcohol abuse, depression and anxiety," she said. "Those things trigger so many other health issues. If we don't address those things then these things will always keep occurring."



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## HUMANITY

Continued from Page 1

Maluk Bavi, director of clinical services, said Humanity Hospice is growing so fast since it opened in 2014 that it has been running out of space. She anticipates that the office will open by the end of August or the beginning of September depending on weather conditions.

"We're doing very well and blessed to have that because it just makes us touch more lives and bring more people into hospice for our service," Bavi said. "We hate to lose them. But they are free and leave us peacefully. We give them all the comfort we can to make that transition easier for them."

Families often return to Humanity Hospice. A husband became a client of the hospice after his wife passed away with Humanity at her side. It is a compliment that families are confident with the services provided by Humanity Hospice.

"This is the best team I've ever worked with -- ever. I've never felt more valued and appreciated in any position I've ever been at," she said. "I've been an ADON and a

staff development coordinator. Every aspect an LPN can do, I've done, and here is where I feel most appreciated."

Nursing is a challenging profession when taking into account the needs of all of one's patients, she said. What appeals to her about hospice is the time she spends with her patients, to see their faces light up when they see her dressed in purple scrubs walking through the door.

"It's the best thing in the world," she said. "They may not be able to tell you their name. They might not remember their name, but they like it when the purple scrubs walk in."

Curry does a complete assessment to each of her patients to see if there are new symptoms noting a decline in their health status. When a decline is evident, Curry said she and the holistic staff at Humanity Hospice can help prepare their patients for the last transition of their lives.

"If they're in a facility, we can do that in a facility. If they're a home patient then it keeps them from having to go out to the doctor for an emergency room visit because that's a lot of trauma on them," Curry said.

Curry said she is there to help her patients live well before their passing. There is a lot of communication with the families. She receives phone calls, emails and face-to-face conversations. There is a lot of education to provide. Sometimes family members just need a shoulder to lean on, she continued.

"I'm there to facilitate and ease that last transition but to bring life into that last phase," Curry said. Whether it be days or weeks, or months, I want them to be happy."

Her clients often appreciate a listening ear. They want to talk to Curry about their lives or hear a story. She said she has very close relationships with all of her patients..

"I have a gentleman. We do honey bun Wednesday," she said. "Every Wednesday I bring him a honey bun and his face just lights up. I have a lady and we do M&Ms and Coca Cola and I've got another patient and we have a song. Those little things in life makes their day."

Curry jokes that she is one of a few nurses that hauls medical supplies and hay in the same vehicle. She lives in Choctaw with her two boys along with chickens and goats.

Two baby goats will be two-weeks old on Thursday, she said.

Compassion spills over in all facets of her life. Hospice is her forever home, she explained.

"You have to love it and you have to be able to wrap your arms around somebody and just love on them," Curry said.

Director of Operations Kirk Tarver said he feels they have the right team in place.

"They all have compassion. That's something you just don't teach somebody. It has to come from the heart. I didn't chose hospice when I started. It chose me."

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Send all news, story requests, letters to the editor and press releases to [news@okcnursingtimes.com](mailto:news@okcnursingtimes.com)

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# CAREERS IN NURSING

## COMPLETION IS CORE OF LONG-TERM CARE: HCR MANOR CARE

by James Coburn - Writer/Photographer

Trisha Allen's first love as a registered nurse is long-term care, she said.

"I was probably about 14," Allen said of her first inclination to join the nursing profession. "My dad was in the hospital and that's when he told me I would be a great nurse. So that was the first seed that was planted."

Today Allen serves as the assistant director of nursing at HCR Manor Care in Midwest City. She is a graduate of Oklahoma City Community College and has been an RN for six years. She was a licensed practical nurse for two years and was a CNA/CMA for five years beginning in 2001. In 2013 she joined the team at HCR Manor Care.

"This is the only job that you can be the extension of somebody's feet," she said. "In other words, we're their arms, we're their hands, we're their legs. We're their heart and we're their family. And you can't do that anywhere else."

She said working in long-term

care is different than working in a hospital where she said nurses mostly focus on responding to a disease but not the patient.

"Here we are an extension of their lives. They are unable to function on their own and we have to complete each patient with whatever it takes for them to be a normal functioning human being," Allen explained. "And so that's what drives me."

She follows them through their lives. When a resident needs help with Bingo, the nurses are there to help them. The nursing staff helps residents complete cognitive tasks when necessary as well as their showers and feeding.

"We do it without the equipment. We do it on nursing assessment," she said. "Long-term care does not have EKGs and respiratory therapists and all the different things the hospital has. In long-term care, the assessing tools of the nurse are completely dependent on their training."

Long-term care is the "real deal" when it comes to nursing, she said. The nurses work without heart monitors as they make their assessments, she continued. Anything that is not consistent with normalcy will be followed up with a physician's orders, she said.

"That's the medical part of it. But we treat the whole aspect of the patient," Allen said. "We treat their activities, their life, their family, their tears, their critical diagnosis, their dying, their living, laughter and partying, meals, oral care."

Completion is at the core of long-term care, she said. Allen stays with her profession for that reason. Nurses help new residents adjust to their new homes at HCR Manor Care. She said the first thing nurses do is to get the new resident out of their rooms. Residents are involved in activities.

"You really just have to love them. And loving them means loving them unselfishly," Allen said. "You have to

approach them as if they were the only thing on earth."

It is love that will motivate new residents to become involved in activities and making friends with other residents. It's important for them to develop a life outside of their rooms so they can interact with their new family, Allen said.

Allen appreciates each individual of the nursing staff for their professional growth they experience at HCR Manor Care. The company demands a lot from every nurse aide and nurse, Allen explained.

"It amazes me every day on how much each individual climbs to our expectations and over compensate for everything that we ask," Allen said.

She said she is amazed when seeing how the nurses accomplish their goals from making sure they get their clarification orders to assessing a patient. They notice subtle differences when a resident does not seem the same as the day before when placed

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At two and a half years old, Jayra received a lifesaving liver transplant. Since then, she has sung and danced her way through high school and enjoys acting in school productions. Jayra will graduate this spring and is excited to start college. She aspires to a life of helping others and wants to improve the lives of special needs children and the elderly.

Jayra and her family celebrate her donor family and their child's life each year when they celebrate Jayra's transplant anniversary. She describes her wonderful life as a second chance, which she has no plans of wasting.

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Trisha Allen enjoys seeing nurses reach their potential in her role as Assistant Director of Nursing at HCR Manor Care in Midwest City.

in a wheel chair.

"They assess their vital signs and heart rate, just some simple things like making sure they are drying the patients appropriately," Allen noted. "Give them their showers and rotate them. The CNA's are making sure people are turned."

Allen said she is impressed by how the staff follows through with what is required to produce excellent patient care. As a group, they operate consistently 24-hours daily on every shift, she said.

"It's amazing about the staff that works here," Allen said.

Allen said she will train each new nurse until she knows them well enough to discern their qualities and faults. She provides training based on what is needed, she said. HCR demands much of its nursing staff. Allen said she develops the core

qualities of new nurses in order to fit them in where they are most effective. The job requires more than skills.

"Some nurses are long-term care nurses and some are acute care nurses," she said. "The number one quality that you have to have here is you have to care about these people. If you don't you will never last because we follow up and demand it. If you've got the heart we can develop everything else."

Allen's altruistic nature extends to her family. She has a son living with autism. She and her husband also have a daughter, 13. Together they spend a lot of time doing yard and house work.

"During the summer we spend a lot of time swimming. I just like to spend it with my family. Even if it's raking leaves, I don't care."

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Sobia Nabeel, M.D., a hematologist-oncologist, has established her medical practice with the Stephenson Cancer Center. She has also been named an assistant professor of hematology oncology for the University of Oklahoma College of Medicine.

Nabeel has a special interest in diagnosing and treating patients with breast cancer. She completed a fellowship in hematology oncology at the OU College of Medicine. She completed an internal medicine residency at Monmouth Medical Center, Long Branch, New Jersey. She earned her medical degree in Pakistan.

She is a member of the American College of Physicians, American Society of Clinical Oncology and American Society of Hematology.

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**At this time, we are accepting resumes for Full Time Registered Nurse/Case Managers**  
907 South Detroit, Suite 905 Tulsa, Ok. 74120 In Home Health Services At this time we are accepting resumes for Full Time Registered Nurse/Case Managers. Experience in the Home Health Field is preferred. For more information about the position call 918-592-1221 or toll free 1-855-592-1221. Equal Employment Opportunity

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## StoneCreek breaks ground in Oklahoma on Upscale Assisted Living & Memory

StoneCreek Real Estate Partners, LLC began construction on a new Assisted Living and Memory Care Community in Edmond, Oklahoma.

Construction began in December on StoneCreek Assisted Living & Memory Care in the Oklahoma City suburb of Edmond, OK. with an anticipated construction completion during the first quarter of 2017. The building will be located at NW 178th Street and Western Ave.

The Edmond project will be the second newly built assisted living community of this design for StoneCreek Real Estate Partners. The 74,000-square-foot building is modeled after The Oaks Assisted Living community in the Dallas, TX suburb of Flower Mound. The Oaks at Flower Mound opened in November 2015 and received a Silver Design Award in the 2016 NAHB Best of 55+ Housing category.

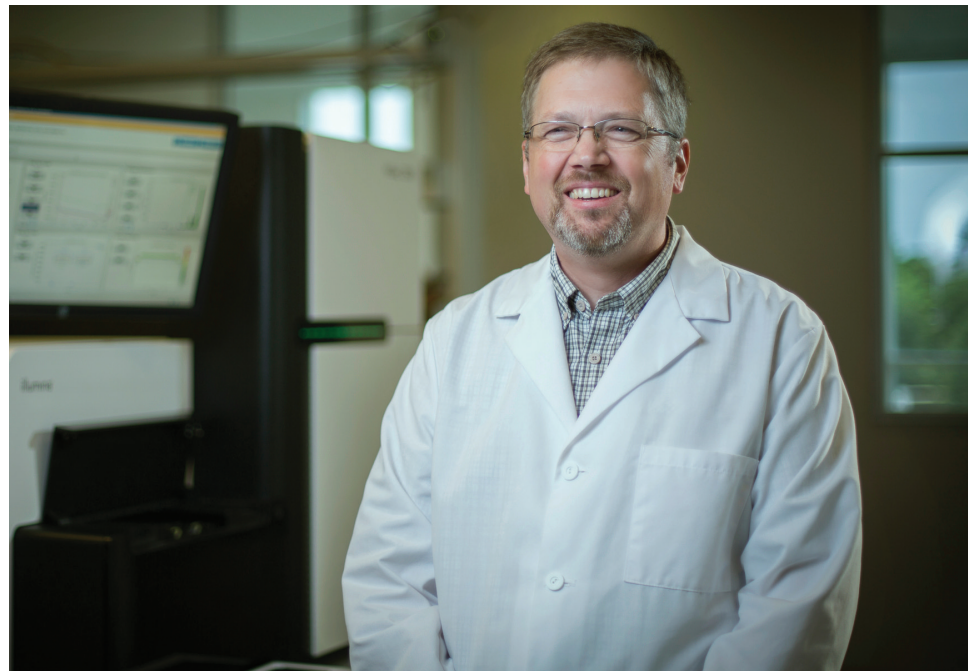
"I love Oklahoma and all that it has to offer. My daughter is graduating from the OU this spring

and one of my sons will be attending OSU this fall," said Joe Geer, StoneCreek managing member. "We're excited to build on the success of The Oaks at Flower Mound and carry our passion for working with seniors to the Oklahoma City area," he added.

The \$17 million Edmond project will include 58 assisted living apartments for active seniors and an additional 32 memory care suites dedicated to individuals living with Alzheimer's and dementia. StoneCreek residents will enjoy access to spacious patios, a Bistro Cafe, a Skype lounge, physical therapy room and full-service salon in addition to other amenities and services.

The general contractor is Resource Commercial, Inc. of Dallas. The architect is Arrive Architecture Group, of Bedford Texas. Oxford Senior Living of Wichita, Kan. has been selected as the managing operator.

## Oklahoma researchers find clues to the origins of lupus



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

In a new research study, scientists from the Oklahoma Medical Research Foundation have helped identify more than 1,000 genetic variants that may play a role in whether a person develops the autoimmune disease lupus.

Going forward, these new findings could play a key role in tailoring treatments for individuals who suffer from or are at an increased risk for lupus, a disease in which the immune system becomes unbalanced and attacks the body's own tissues. Lupus can result in damage to the joints, skin, kidneys, heart and lungs.

In the new study, scientists analyzed biological samples donated by 1,700 lupus patients. "The patient contributions—DNA and blood samples—are vitally important to our work," said Patrick Gaffney, M.D., who holds the J.G. Puterbaugh Chair in Medical Research at OMRF and was one of the two senior authors of the paper. "Without them, we couldn't do any of these genetic studies.

Working with scientists at the University of Texas Southwestern Medical Center, the University of Southern California, the University of California, Los Angeles, and the Universit  Catholique de Louvain in Belgium, the researchers specifically identified 1,206 DNA variations in 16 different regions of the human genome with ties to increased risk of developing lupus.

"This study gave us more precise information about these variants and how they influence the immune response," said Gaffney, who is a member of OMRF's Arthritis and Clinical Immunology Research Program. "It could someday allow us to look at individuals and the kind of variants they carry and make predictions about who's going to have a higher risk of developing lupus."

More than 16,000 people are diagnosed with lupus in the U.S. each year. According to the Lupus Foundation of America, the disease affects as many as 1.5 million Americans and 5 million people worldwide.

The results of the study, which was published in the scientific journal *eLife*, may also help scientists better understand other autoimmune diseases, conditions in which the body also mistakenly attacks its own tissues. Those diseases include multiple sclerosis, rheumatoid arthritis, Sj gren's syndrome and Type 1 diabetes.

Other OMRF scientists who participated in the project include Judith James, M.D., Ph.D., Swapan Nath, Ph.D., Graham Wiley, Ph.D., and Jennifer Kelly.

Funding for this research was provided by grant RC2AR058959 from the National Institute of Autoimmune, Musculoskeletal and Skin Diseases, a part of the National Institutes of Health.

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# Oklahoma's Nursing Times Hospice Directory

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**Alpha Hospice:** 7512 N Broadway Ext., suite 312 Okc, 405-463-5695 Keith Ruminer/volunteer coordinator/chaplain

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

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

**Carter Healthcare & Hospice:** OKC - OKC Pat McGowen, Vol Coordinator, 405-947-7705, ext. 134; Tulsa - Samantha Estes, Vol. Coordinator, 918-425-4000

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

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

**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

**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

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

**Golden Age Hospice:** 405-735-5121

**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

**INTEGRIS Hospice, Inc. & 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

**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

**LifeChoice Hospice:** Christy Coppenbarger, RN, Executive Director. 405-842-0171

**LifeSpring In-Home Care Network:** Terry Boston, Volunteer and Bereavement Coordinator 405-801-3768

**LifeLine Hospice:** April Moon, RN Clinical Coordinator 405-222-2051

**Mercy Hospice:** Sandy Schuler, 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; Kingfisher 405-375-5015; Weatherford-580-774-2661

**Seasons Hospice:** Carolyn Miller, Vol. / Bereavement Coordinator, 918-745-0222

**Sequoyah Memorial Hospice:** Vernon Stone, D. Min. Chaplin, Vol. Coordinator, 918-774-1171

**Sooner Hospice, LLC:** Matt Ottis, Vol. Coordinator, 405-608-0555

# OU College of Nursing Ranks Among Best in the Nation In U.S. News & World Report rankings

The Fran and Earl Ziegler College of Nursing at the University of Oklahoma Health Sciences Center is ranked as one of the best nursing schools in the nation for the master's and doctor of nursing programs for 2017 by U.S. News & World Report.



“We strive to provide an exceptional learning environment for our students,” said Dean Lazelle Benefield, Ph.D., R.N., FAAN. “Quality programs, extraordinary faculty, and outstanding clinical partnerships anchor our efforts to help students achieve their goals in nursing, to advance research, and to meet the growing need for exceptional nursing professionals in a variety of health care environments. It is a tremendous honor to be recognized by U.S. News & World Report for our efforts in our programs for master’s in nursing science and doctor of nursing practice.”

According to U.S. News, both the master’s and doctor of nursing practice rankings are based on a weighted average of 14 indicators. The seven common factors are the four research activity indicators; faculty credentials; the percentage of faculty members with important achievements; and faculty participation in nursing practice. The other seven indicators in each ranking use measures that are specific to each degree type.

The Master’s in Nursing Science programs at OU include four tracks: Administrative/Management; Education; Clinical Nurse Specialist; and Family Nurse Practitioner. The Doctor of Nursing Practice program prepares nurse leaders to become clinical scholars, health care and policy leaders and evidence-based practice experts as well as informatics and quality improvement leaders. The MSN and DNP programs provide diverse learning experiences, including hybrid online education and opportunities to work with and alongside other disciplines.

Benefield added, “We continue to provide excellent programming at reasonable cost. Our value-added curricula are led by world-class faculty. And our alumni and friends share in our vision by financially supporting additional student leadership training that otherwise would not be possible: our study abroad program to OU @ Arezzo, customized national leadership training and attendance at a student healthcare policy summit in Washington. Our graduates make a difference in Oklahoma and beyond.”

## Wendy Sparks Joins Lung Cancer Advocates from Every State on Capitol Hill

Wendy Sparks of Oklahoma City, Oklahoma joined the American Lung Association’s LUNG FORCE initiative and “LUNG FORCE Heroes” – Americans personally impacted by lung cancer – from every state at the U.S. Capitol to press Members of Congress for continued bipartisan momentum toward defeating lung cancer.

During Advocacy Day, Wendy shared her personal experience with lung cancer. “When my sister Nikki told me that she had been diagnosed with lung cancer, ironically it took my breath away. I told her everything would be ok and the only thing we were going to do was fight. Seeing Nikki suffer through various treatments was devastating,” explained Sparks. “It’s comforting to see initiatives like LUNG FORCE shedding light on lung cancer and providing a supportive community for the many people who are impacted by this disease, but more work is needed.”

Wendy Sparks encourages everyone to advocate for lung cancer research to your Members of Congress in Washington, D.C. To learn more about Wendy’s story <http://www.LUNGFORCE.org/shared-story/wendy-s> and the LUNG FORCE initiative, visit [LUNGFORCE.org](http://www.LUNGFORCE.org).

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](mailto:news@okcnursingtimes.com)*

**Q. I am struggling with changes that are occurring in my life and the lives of my friends. I know that change can be good, but getting out of my current thoughts is really hard. How can I be more accepting of change?**

A. As I sit in a coffee shop in San Francisco I am also thinking about change. It is one of those inevitable realities of life, like it or not. We can get stuck in "not so good" places but drag our feet doing anything about it. We can continue to engage in the same behaviors but hope with every breath we take that "things will change" and we can play out this scenario for years.

People fall in love, change jobs, move to another city, have babies, get divorced, get sick, get promotions ..life is ever changing. The ability to roll with it can create stumbling blocks or it can create movement.

When change occurs it takes time to process it. You should not expect to get unexpected news and accept it immediately. Take some time to breathe. When we are feeling emotional it is difficult to kick in our thinking brain and make a plan.

My daughter has a friend who thought she was settled in her dream home with her husband and pets only to learn that her husband lost his job and could only find one in another state. She now has to leave her family and relocate. She is trying to accept the change.

Cyndi was believing that she would never experience love, had given up, ready to join a dating site when she saw someone from her past on Facebook. He had actually been her first husband whom she had not seen for over 30 years. They began texting, emailing, talking, dating and married on New Year's Day.

Joan finally got her much desired promotion. She went from a 40 hour work week to almost 55 with her new salaried position. She did not have as much time to spend with her friends, go to the gym and she was putting on weight. Good change or bad?

Susie was involved in a personal/business relationship that did not progress as she had hoped. When she learned her partner was really only interested in the business part of their "relationship" she was hurt. What she later learned was the ending of this relationship was the beginning of new possibilities.

Sometimes we are slow to realize the possibilities that change creates for us, it isn't always negative. Sometimes we create change and sometimes it is created for us.

When writing your life script, grab a pencil, its easier to erase than ink.

# Sayre Residents Describe Pain of Hospital Closure

## *OHA pushes for using federal health care funds to makeOKbetter*

The Oklahoma Hospital Association (OHA) today unveiled a new video, "Losing Rural Hospitals," as part of its makeOKbetter initiative to broaden health care coverage under Insure Oklahoma.

The video illustrates the impact a hospital closing has on a rural community. It features residents of Sayre, Oklahoma. Sayre Memorial Hospital shut its doors in February, costing the city jobs, sales tax revenue and local hospital care.

"It makes a tremendous difference if you have a stroke or heart attack to get somewhere very quickly," said A.L. Whinery, retired Sayre businessman.

The closure of the hospital is also affecting the city's image and economy. "I think we're going to lose a lot of residents, a lot of people are going to move out," said Francie Bauldridge, Sayre hair stylist and business owner. "You can't have a viable community without a hospital."

According to iVantage Analytics, 42 of 76 rural hospitals in Oklahoma are at risk of closing.

"Sayre's story is too close to becoming a reality for more than 40 other communities in Oklahoma," said OHA president Craig Jones. "We must act now to take back federal funds to help sustain these rural hospitals and towns."

With only two months left in the legislative session, OHA is calling on Oklahomans to contact their legislators and tell them to protect rural health care, communities and jobs by taking back federal dollars for Insure Oklahoma as a part of the state's budget deal. Building on Insure Oklahoma would bring \$9.9 billion to Oklahoma and allow more than 230,000 Oklahomans to have medical insurance.

To learn more, visit [makeokbetter.org](http://makeokbetter.org). Follow the movement on Facebook at [www.facebook.com/makeOKbetter](http://www.facebook.com/makeOKbetter) or Twitter at [twitter.com/makeOKbetter](http://twitter.com/makeOKbetter).

## AllianceHealth Medical Group Welcomes General Surgeon

AllianceHealth Medical Group is proud to welcome board-certified General Surgeon, Alan Rowlan, MD, FACS. Dr. Rowlan will open his practice on 5701 N. Portland Ave., Suite 310 in Oklahoma City and is accepting new patients. He will join board-certified General Surgeon Carson Agee, MD, FACS. He will provide general surgery procedures, with a special interest in thyroid and parathyroid surgery, colorectal surgery, advanced hernia repair, advanced laparoscopic surgery, reflux disease and hiatal hernia repair.

Dr. Rowlan completed medical school and his residency in General Surgery at The University of Oklahoma. Dr. Rowlan joins

AllianceHealth after 15 years of practice in Oklahoma City.

For more information or to schedule an appointment, please call 405-604-4224.

One of the state's largest healthcare systems, AllianceHealth Oklahoma combines the strength, resources and quality of 10 hospitals, more than 70 medical practices and six home health agencies. The 4,500 physicians and employees focus on providing high quality, safe care, and the best possible experience for patients. Deaconess, Durant and Midwest hospitals are owned in part by physicians. For more information, visit [MyAllianceHealth.com](http://MyAllianceHealth.com) or follow AllianceHealth Oklahoma on Facebook and Twitter.





# NURSE + TALK

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When you have to take shelter from the storms at home where do you go? AllianceHealth Midwest

I have a safe room.  
It's my husband, my daughter and our 147-pound dog.



Suzanne Damon, RN  
Day Surgery

I have a closet with no windows.



Michelle Frank, RN  
Day Surgery

Each week we visit with health care professionals throughout the Metro



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P.O. Box 239  
Mustang, Ok. 73064

In my house it's the bathtub or under the covers.



Holly Lodes, RN  
Day Surgery

For us it's an inside room with no windows. We don't have a cellar so I've thought quite a bit about it.



Trevor Lee, RN  
Day Surgery

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