

Oklahoma's Nursing Times

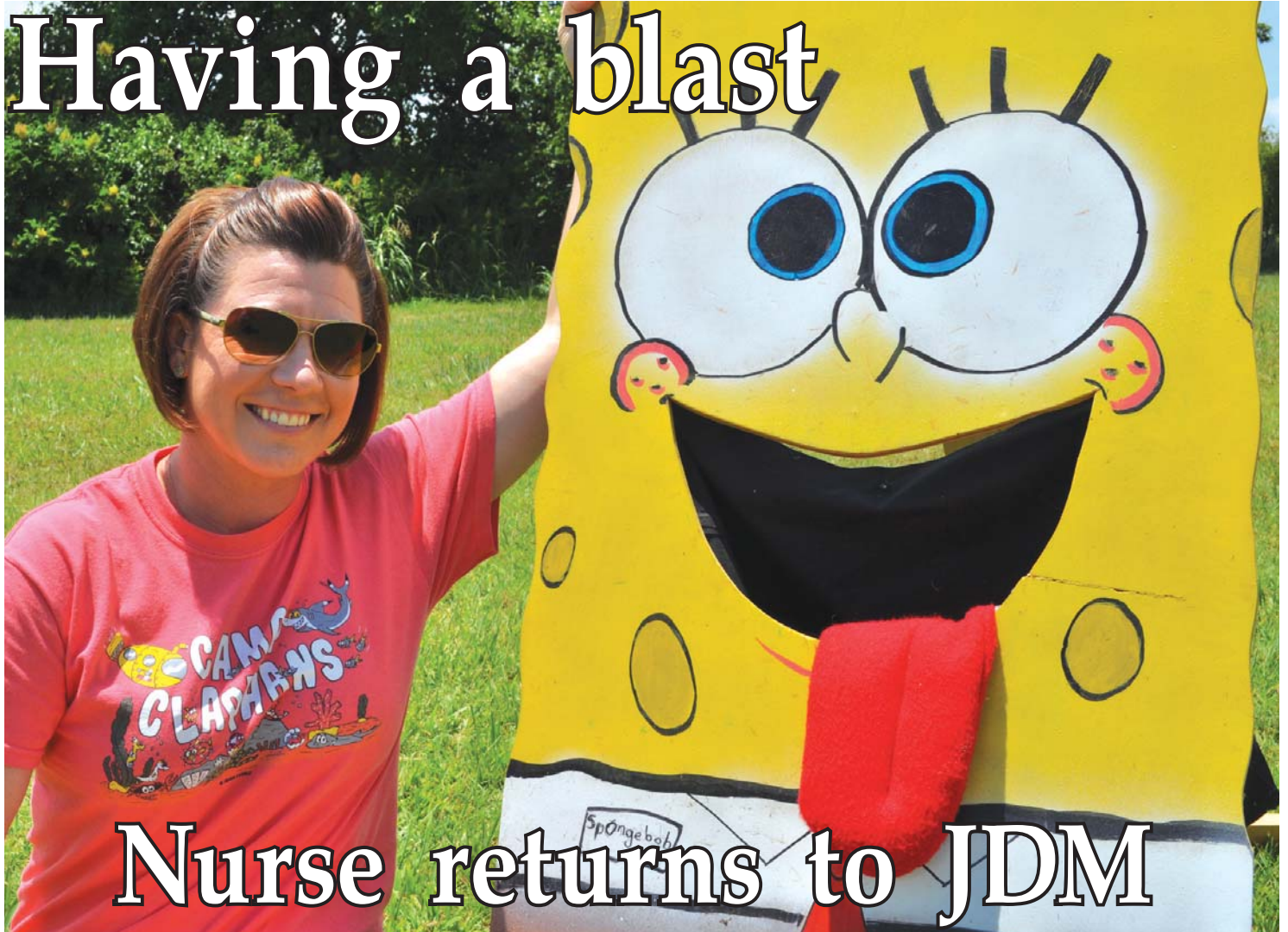
Recruiter Showcase



August 6, 2018
Vol. 19 Issue 31

Information for the Oklahoma Nursing & Health Care Professional
Published Weekly. Locally Owned and Operated by Metro Publishing L.L.C.

www.oknursingtimes.com



Christa Boren, LPN, has a blast every summer working as a camp nurse at J.D. McCarty Center in Norman.

by Bobby Anderson, RN, Staff Writer

It's early afternoon in the hot, Oklahoma sunshine and Christa Boren, LPN, pulls back on the slingshot straps and lets a water balloon fly.

The wooden SpongeBob target 20-feet away survives a dousing as the balloon splashes to the ground.

Boren laughs.

It's good to be home.

"It's amazing," she says. "I really miss the center so when they gave me this opportunity I had to jump on it."

Boren worked at J.D. McCarty Center in Norman for a number of years as a nurse and nurse manager. When family business moved her away she thought she'd never get to work at the center for children with developmental disabilities again.

She was wrong.

Boren has worked as the evening and night shift nurse at Camp ClapHans for three years now.

Horseback riding, movie nights, talent shows and dance parties are just some of the events offered at camp ClapHans. Several members of the University of Oklahoma football team visited this summer as well as some church groups.

See BOREN Page 3

OU College of Nursing Earns \$1 Million Grant To Continue Successful Falls Prevention Program

Falling is one of the biggest worries of nursing home residents and their families. That fear comes with good reason.

Just a few years ago, Oklahoma was ranked 48th in the nation for nursing home falls with major injury. Nearly 50 percent of nursing home residents fall within the first 12 months of being there. If a person has fallen once, they're twice as likely to fall again. Life as they knew it is over for many people after a fall.

Those statistics were simply unacceptable to several groups of Oklahomans invested in creating a better quality of life for nursing home residents. The University of Oklahoma College of Nursing is a leader in that work, and it recently was awarded a \$1 million federal grant to launch the implementation phase of its falls prevention program, "It's Not OK to Fall."

The program is a partnership with

the Oklahoma State Department of Health through funds from the Centers for Medicare and Medicaid Services.

"I'm very pleased this successful program will be able to continue," said Gary Loving, Ph.D., RN, interim dean of the Fran and Earl Ziegler College of Nursing. "Falls are a significant risk for elderly individuals, particularly those with disabilities and chronic illness. Through this program we can expand our efforts to decrease those risks."

The pilot phase of "It's Not OK to Fall" began three years ago. OU College of Nursing staff members Teri Round, M.S., RN, and Diana Sturdevant, Ph.D., RN, led a group that combined several evidence-based falls intervention strategies. During the testing phase, nursing homes that incorporated the new strategies decreased their rate of falls by 50 percent. Round is executive director of clinical operations for the college, and Sturdevant is co-principal investigator



Interim Dean of Fran and Earl Ziegler College of Nursing.

for the falls project.

The falls prevention program focuses on three primary areas: better sleep, hydration and strengthening for residents.

Traditionally in nursing homes, employees check residents every two hours during the night, positioning and changing as necessary, prompted by the belief that it will prevent skin breakdown. However, that also means people can't sleep more than two hours at a time. Prevention of wounds is often linked to better nutrition, and modern mechanics can accomplish the same task as physically turning someone.

"The evidence shows that if you let people sleep six or more hours a night, they don't fall as much," said Round, a registered nurse. "There are other benefits as well: When people sleep better, they tend to eat better during the day because they're not falling asleep over their meals. And they're more engaged in their activities, such as physical therapy."

Hydration is another important component. The program worked with nursing home staff to encourage residents to drink adequately from 8 a.m. to 4 p.m. That not only prevents dehydration, but it lessens the amount they drink at night, thereby decreasing the number of times they have to go to the bathroom overnight. Nursing homes

have been encouraged to fill water dispensers with fruit or vegetables to flavor the water.

Strengthening the muscles is important because it improves a person's balance. The program introduced a form of Tai Chi to nursing homes so that residents could participate in a low-impact exercise that has been demonstrated to improve balance. Strengthening also involves teaching "toilet squats," which is raising and lowering oneself over the toilet. This decreases their fear of falling, as well as the urinary tract infections that can occur when a person goes to the bathroom infrequently.

"When people feel like they might lose their balance and fall, that makes them exercise less, which then makes them more likely to fall," Round said. "Everything works together negatively."

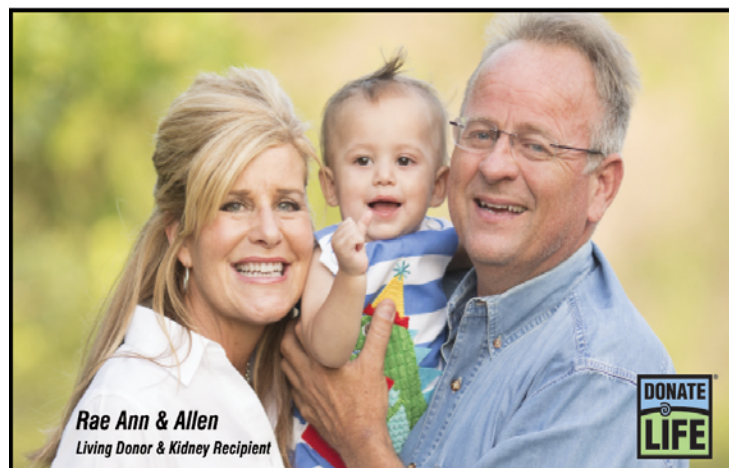
However, the strategies must be used in connection with a comprehensive falls assessment of each nursing home, and a root cause analysis when someone does fall. The assessment takes into account the physical layout of the nursing home, from the parking lot to the individual rooms. The root cause analysis teaches staff to investigate the specific cause of a fall, rather than simply keeping track of the number of falls.

In one example, a nursing home decreased its use of alarms on the residents' beds. In some cases, a new medication or an infection was causing residents to become dizzy and fall, so the installation of an alarm was not addressing the root cause, Sturdevant said. In another case, a nursing home resident was drinking a full pot of coffee in his room during the evening hours, resulting in restlessness and falls because he couldn't go to sleep at night. Realizing that, and convincing him to switch to decaf, helped him sleep and stopped the falls.

"You have to personalize the situation for each resident. It is a person-centered care model," said Sturdevant, an advanced practice registered nurse who also holds a doctor of nursing degree.

The Oklahoma Department of Health administers the grant, which

See GRANT Page 5



In Oct. 2014, Allen discovered through a routine life insurance physical exam that his kidneys were not working properly. After a kidney biopsy he was diagnosed with IgA Nephropathy. Within 6 months Allen was on dialysis and needed a kidney transplant.

Rae Ann learned about becoming a living donor from a transplant information event she was attending with her husband. After testing, Rae Ann found out she was a match for Allen, but they were encouraged to help other couples who didn't match.

The decision was made to enter the "paired exchange program". On Monday, August 31, 2015, Allen received a kidney from a woman named Stephanie.

Two days later, on Wednesday, September 2, Rae Ann gave her kidney to Stephanie's husband, Eric. Both kidneys began working immediately and everyone recovered quickly and are doing well.

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at www.LifeShareRegistry.org. You may also call 800-826-LIFE (5433) and request a donor registration card.



BOREN

Continued from Page 1

"That allows our kids to interact with other kids who are age-appropriate," Boren said. "Our kids get to really play with those kids and they're not being judged. It also allows those kids from these groups to come out and interact with our kids and learn. Maybe next time they're out and they see a wheelchair they're not going to stare because they are just kids."

Camp ClapHans is a residential summer camp for kids with special needs ages eight to 18.

The camp is located on the south end of the McCarty Center's 80-acre campus in Norman.

It features two cabins, a multi-purpose building and is built next to an 11-acre lake. The camp features summer camp activities like archery, canoeing, fishing, horseback riding, camp fires, swimming, indoor and outdoor games, arts and crafts and much more.

J.D. McCarty provides a one-to-one camper-to-staff ratio with a nurse on site 24-hours a day.

That's where Boren comes in.

"It was a little overwhelming but really the worst thing about camp is the heat," she said. "The kids are amazing. We have a group of counselors every summer who are college students and they come out and they do this for free five weeks out of the summer and are an amazing group of kids."

When her husband opened a physical therapy clinic in Elk City Boren quit her job at J.D. McCarty and moved with her family.

Boren became a nurse at 20 and had worked in the hospital setting before settling into her role with J.D. McCarty.

"It's absolutely amazing. I loved the fast-paced stuff but at times it does get a little overwhelming. In the acute-care settings in the hospitals you have to deal with all the sad stuff - giving people cancer diagnosis and all that stuff that comes with nursing," Boren said. "Here at camp we don't have that at all. These kids love to be here. It's so laid-back and we get to really enjoy the kids and try to make their time here as enjoyable as possible."

"These kids would normally

"These kids love to be here. It's so laid-back and we get to really enjoy the kids and try to make their time here as enjoyable as possible. These kids would normally not get to do this at a regular camp." Christa Boren, LPN

not get to do this at a regular camp."

When she's not in camp, Boren still makes the drive from Elk City to Norman to take her six-year-old son for therapy at JD McCarty.

Last school year, Boren was a teacher's aide but admits most of her time is spent being the mom to three boys active in sports.

The move to Elk City was a good but so has the opportunity to bring her child to treatment at J.D. McCarty.

The J. D. McCarty Center was founded in 1946, by a veterans group called the 40 et 8 of Oklahoma. The 40 et 8 was an honor society within the American Legion. When the McCarty Center first opened its doors to patients it only treated one diagnosis -

cerebral palsy.

Today, the center has treated more than 100 different diagnoses in the developmental disability category.

Kids come to Norman for treatment from all over the state of Oklahoma.

Children referred to the hospital are evaluated and treated by a team of pediatricians, pediatric specialists, registered nurses and LPNs, direct care specialists, physical, occupational, speech and language therapists, a dietitian, a clinical psychologist and psychology clinicians and social workers who focus on getting a child to their highest level of functionality and independence. "Any kid who comes through the door becomes your kid," Boren said.

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PASSION IN NURSING

ENJOY YOUR JOB AND STAY POSITIVE: GILBERT MEDICAL CENTER

by Vickie Jenkins - Writer/Photographer

Gilbert Medical Center is a group of physicians; a team of physicians that proudly serve Bethany and surrounding communities providing comprehensive family and wellness care to patients from birth into later years.

Doing what she loves to do is Donna Mutteloke, RN, BSN, working for Dr. Stuart Lisle in the Gilbert Medical Center, located in Bethany, OK.

Donna is originally from Memphis, Tennessee and moved to Oklahoma City, OK when she was 16 years old. She had always thought about becoming a nurse, and it was after she got married that she decided to follow her dream in the medical field. One of the people to influence her to become a nurse was her husband. "He was so encouraging to me from the beginning and he continued to

support me in everything. He was always full of encouraging words," Donna said. "I have been a nurse for 10 years now and I couldn't be happier. I love my job and will never regret making that choice," she added.

Donna's first job as a nurse was at Oklahoma Children's Hospital. "I worked there for 4 years and enjoyed working with the children. After spending some time there, she got a job offer at Gilbert Medical Center and started working for Dr. William Spence. He was a wonderful doctor to work for but he retired and now, I work for Dr. Stuart Lisle, family practice. I have to admit, I like working in a family clinic better than the hospital. I still get to take care of little children and the big children (adults) and I really get to know the patient on a one-on-one basis. I've been here for

6 years and Dr. Stuart Lisle is a great doctor to work for. I am fortunate to have a job that I love so much," Donna said.

Asking Donna what it is that makes a good nurse, she replied, "I think a good nurse has to be there for the patient, a patient advocate and have a real desire to care for the patient, no matter what."

Motivation comes easy for Donna. "The favorite part about my job is taking care of the patients," Donna says. "I especially like caring for the babies. A lot of the patients that I had before are now the ones coming in with their babies. What a wonderful feeling to know that a former patient is all grown up now, bringing their baby to see me. I've had a lot of baby experience. I just love babies," she said with a big smile on her face.

What is your biggest challenge

working for a doctor? "I think the biggest challenge would be trying to get authorization for insurance approvals," Donna replied. "It's getting harder and harder all the time," she added.

When Donna is not working at Dr. Lisle's office, she enjoys spending time with her family. "I have a grandson now," Donna said as her face seemed to light up with joy. "He's 9 months old now!"

When I asked Donna what her hobbies were, she replied, "Well, I guess my hobby would be going to the lake house. My husband and I always enjoy relaxing there," she said. Another thing I do is not necessarily a hobby but I do have 2 dogs; a beagle mix and a rat terrier. They're fun."

"Working for Dr. Lisle, there are 2 of us (Cheryl and myself)

see POSITIVE Page 5


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POSITIVE

Continued from Page 4

When I asked Donna if she had any advice to anyone going into the medical field, she replied, "I would just tell them to enjoy their job. Choose something that you will enjoy for years to come. Hospitals are always interested in hiring nurses plus the fact that there are plenty of different types of nursing and different directions a nurse can go into. My advice in life is to enjoy what you do and stay positive in whatever you decide to do."

GRANT

Continued from Page 2

is funded through the Civil Money Penalties (CMP) program. When nursing homes are fined, that money goes to the Centers for Medicare and Medicaid Services, and part of it returns to the Oklahoma State Department of Health, where it can only be used for quality improvement projects that help residents of nursing

homes.

"It's Not OK to Fall' is a great project that has continued to evolve through a series of improvement cycles," said Julie Myers, DrPH, who manages the Oklahoma CMP Fund Program for the Oklahoma State Department of Health. "The CMP Fund is pleased that the OU College of Nursing has been awarded funding to continue the delivery of the project to at least 60 nursing homes in Oklahoma over the next three years."



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Oklahoma's NURSING TIMES

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204 REGISTERED NURSE

We are seeking a Full-time Registered Nurse. MacArthur Park Home Health, Shawnee, OK, is seeking a FT RN. Responsibilities include direct patient care, provide treatments, follow plan of care, and work collaboratively with members of the team to meet positive home care outcomes of our patients. Must be currently licensed as an RN in the State. One year nursing experience in community health/home health/hospice experience, preferred. Salary is commensurate w/education and exp. 120 W MacArthur St #130, Shawnee, OK 74804

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161 LICENSED PRACTICAL NURSING

We are seeking a full-time Licensed Practical Nurse. M-F with one weekend clinic coverage a month from 9am-1pm. Norman Pediatric Associates is seeking a full-time LPN for our clinic. This day time position is M-F with one weekend clinic coverage a month from 9am-1pm. Nurse would be taking vitals on pediatric patients, performing strep tests, flu tests, infant catheterization, urine dipsticks, administering medication and vaccines, & assisting the provider with procedures. Benefits include: health, dental, vision, and life insurance, short and long term disability insurance, AFLAC, & 401K/profit sharing plan. 808 Wall Street, Norman, OK

Now accepting applications for a Licensed Practical Nurse for our medical clinic.

LPN or LPC/LADC. Caring Hands Healthcare Centers located in McAlester, OK is now accepting applications for a LPN for our medical clinic. CHHS is also accepting applications for an experienced Licensed Professional Counselor or a Licensed Alcohol and Drug Counselor for our Substance Abuse program. All applicants must have a current Oklahoma license. Apply in person at 3101 Elks Road, McAlester, OK

161 LICENSED PRACTICAL NURSING

We are currently hiring an Licensed Practical Nurse for 3PM-11PM Monday - Friday. We have a friendly work team, and nice, clean work environment! Autumn Wood is searching for a dedicated individual to join our Memory Care team. We are a 60 bed LTC/Skilled Specialized Alzheimer's and Dementia Care Community. Our community is divided into 5 neighborhoods, in which, staff get to work with approximately 12 residents & 2 staff members at a time. We are currently hiring an LPN for 3P-11P Monday - Friday. We have a friendly work team, and nice, clean work environment! We welcome you to call, email, or stop by and fill out an application Monday-Friday, 9am-3pm. Please call with any questions. We hope to see you soon! 918-283-4949. 2700 NORTH Hickory Street. Claremore, OK 74017

We are seeking Full Time Licensed Practical Nurse

Community Home HEALTH is seeking Full Time Licensed Practical Nurse, Muskogee area, Home Health. Please apply at 360 S. 33rd St. Muskogee OK

204 REGISTERED NURSE

We are seeking an Registered Nurse. Part Time to join our team!

You will be responsible for the assessment, diagnosis, and treatment of assigned patients. Autumn Wood Memory Care 2700 N. Hickory St, Claremore, OK 74017

We are seeking a dedicated Registered Nurse to work in our Skilled Nursing dept.

Inverness Village is seeking a dedicated Registered Nurse (RN) to work in our Skilled Nursing department. As an RN, your responsibilities will include but not limited to providing direct nursing care to residents as well as supervising day-to-day nursing activities. Successful candidates must be dependable, compassionate, have good time management and communication skills and have a desire to work with the elderly. They must also have the flexibility to work various shift times to include: evenings, weekends, holidays and nights. Associates receive free access to our on-campus gym, on-going training opportunities, and a work environment rich in our philosophy of valuing associates. Working at Inverness Village can provide you with rewards that extend far beyond pay and benefits. You can be fulfilled both personally and professionally. 3800 W 71st St, Tulsa, OK 74132

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Oklahoma's NURSING TIMES

Foundation awards \$3.5 million in grants to OMRF, OUHSC

The Presbyterian Health Foundation has awarded \$3.5 million in new grants to the Oklahoma Medical Research Foundation and the University of Oklahoma Health Sciences Center. The grants will support more than 50 research and clinical projects, purchase scientific equipment and provide a recruitment package for a new senior-level researcher.

"It's exciting and encouraging to see much of the recent work being done is collaborative," said PHF President Tom R. Gray, III. "The vision and mission of the Presbyterian Health Foundation is to support world-class research, and we see this happening as a direct result of these well-coordinated scientific partnerships. We're proud to continue supporting emerging and experienced biomedical researchers who utilize a teamwork approach to medical discovery."

The projects that received funding have a strong emphasis on translational research, where clinicians and researchers collaborate to bring new and better treatments to patients.

Researchers at OUHSC received nearly \$2.6 million in PHF funds to advance research in 41 projects, including the study of fetal development and long-term health of babies born to mothers with diabetes and potential ways for patients to resist becoming re-infected by *Clostridium difficile* after a previous infection. Another focuses on new methods for avoiding drug resistance in patients who have undergone chemotherapy treatment for ovarian cancer.

"Ongoing support from the Presbyterian Health Foundation is crucial to OU's advances in research-based medicine," said Jason Sanders, M.D., M.B.A., senior vice president and provost of the OU Health Sciences Center. "Our researchers have translated PHF's significant

investments into new biomedical discoveries and improved patient care."

PHF awarded \$934,000 to OMRF to further research in autoimmune diseases, including lupus, sarcoidosis and Sjogren's syndrome. The new grants will also help in the development of experimental models to study ovarian cancer, inflammation, neurodegenerative diseases and intestinal development.

In addition, the funding provides support for adding a new investigator from Yale University to OMRF's scientific staff. Pengchun Yu, Ph.D., will join OMRF's Cardiovascular Biology Research Program later this year. At OMRF, Yu will continue his studies of blood vessels and how they grow, a key factor in illnesses ranging from cancer to heart disease.

"With these grants, the Presbyterian Health Foundation has once again found a way to accelerate the progress of medical research in Oklahoma City," said OMRF President Stephen Prescott, M.D. "For more than three decades, PHF has championed the search for new and better ways to treat disease. We're proud to partner with PHF in this effort and excited to see where this new round of research projects will lead."

Since 1985, the Presbyterian Health Foundation has awarded grants totaling nearly \$165 million and has remained committed to investing in biomedical research in the state of Oklahoma.

"As funding streams continue to tighten, we are even more committed to filling funding gaps facing Oklahoma's top biomedical researchers today," said Gray. "We're doing our part to pitch in and ensure scientists in our state can pursue their cutting-edge research—work that will ultimately enhance all of our lives."



From left to right, OUHSC provost Dr. Jason Sanders, PHF President Tom Gray III, and OMRF President Dr. Stephen Prescott.

Oklahoma AIDS Care Fund Announces New Board of Directors

The Oklahoma AIDS Care Fund (OACF) announced its board of directors for the 2018-2019 fiscal year with five new members. Paula Love will continue to serve as president of the board. The new members include Anita Allton with Arledge & Associates PC; Phil Burke, PA with the Oklahoma City VA Medical Center; Eran Harrill with the Black Chamber of Commerce; Robert Powell, JD with Pierce Couch Hendrickson Baysinger and Green, L.L.P.; and Jake Yunker with the Office of the Governor.

"We are excited for the new leadership who will help us grow our organization and bring new ideas as we address the challenges of our state's HIV epidemic," said Cher Golding, executive director.

Other Board members include: Paula Love, president; Frederick Redwine, JD, vice president; Brooke Coe, secretary; James Arnold; Gwendolyn Caldwell; Cindy Colton; Adam Edwards; Sally Hasenfratz, JD; Wendy House; Andy Moore, LPC; Whitney Moss; Sean Olmstead; and Tim Rasmussen.

OACF is a fundraising and advocacy organization dedicated to providing financial support and resources to HIV/AIDS service providers in the state of Oklahoma. Our goal is to reduce new HIV transmissions, AIDS-related deaths, stigma and health disparities while increasing access to care and HIV/AIDS related services. OACF provides awareness, funding, advocacy, and resources to the most pressing needs of the HIV/AIDS community in 54 of the 77 counties across Oklahoma. Since its inception in 1991, OACF has awarded more than \$12.5 million for HIV/AIDS services across Oklahoma. One hundred percent of the proceeds of OACF's annual gala, Red Tie Night, make this possible. To learn more about the Oklahoma AIDS Care Fund and Red Tie Night, please visit www.okaidscafund.com.

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Canadian Valley Tech. Center

www.cvtech.org
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2. Chickasha Campus Ph: 405-222-7592

Central Technology Center

www.ctechok.org
1. Drumright Campus Ph: 918-352-2551 Ext 288
2. Sapulpa Campus 918-224-9300

Chisholm Trail Tech. Center

www.chisholmtrail.com Ph: 405-729-8324

Francis Tuttle Tech. Center

www.francistuttle.com Oklahoma City Ph: 405-717-4382

Gordon Cooper Tech. Center

www.gctech.org
Shawnee Ph: 405-273-7493 Ext 291

Great Plains Technology Center

www.gptech.org
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6. Idabel Campus (McCurtain) Ph: 580-286-7555
7. Poteau Campus Ph: 918-647-4526
8. Stigler Campus Ph: 918-967-2801
9. Tahlequah Campus Ph: 918-567-2264

Meridian Technology Center

www.meridian-technology.com Stillwater, OK 74074
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Wayne Ph: 405-449-3391 Ext 265

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www.mid-del.tec.ok.us Midwest City Ph: 405-739-1713

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Burns Flat Ph: 580-562-3181 Ext 2264

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Wetumka Ph: 405-452-5500 Ext 277

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www.carlalbert.edu
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Connors State College

www.connorsstate.edu
Muskogee Campus Phone: 918-684-5436

Eastern Oklahoma State College

www.eosc.edu
1. Wilburton Campus Phone: 918-465-2361

ext. 796

2. Idabel Campus Phone: 580-286-9431
3. McAlester Campus Phone: 918-302-3607

Murray State College www.msoc.edu

1. Tishomingo Campus Phone: 580-371-2371 ext. 337
2. Internet-Based Campus Tishomingo Phone: 580-371-2371 ext. 337

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www.neo.edu
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www.osuit.edu Phone: 918-293-5337

Redlands Community College

www.redlandsc.edu El Reno Phone: 405-422-1262

Rogers State University www.rsu.edu

1. Claremore Campus Phone: 918-343-7635
2. Bartlesville Campus Phone: 918-338-8000

Rose State College www.rose.edu

1. Midwest City Campus
Phone: 405-733-7546
2. Internet-Based Campus Midwest City
Phone: 405-733-7546

Seminole State College www.ssc.cc.ok.us

Phone: 405-382-9205

Tulsa Community College www.tulsacc.edu

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2. Owasso Campus Satellite Site Phone: 580-595-7188

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www.wosc.edu
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Edmond Ph: 405-974-5000

University of Oklahoma www.ouhsc.edu

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3. Lawton Campus Ph: 580-591-8094

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www.cab.utulsa.edu
Ph: 918-631-2619

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Information on these programs is provided here as a service to the public; however, approval by the Oklahoma Board of Nursing is not required for RN-BSN programs. Please check with the Accreditation Commission for Education in Nursing (ACEN) or the Commission on Collegiate Nursing Education (CCNE) for information on the accreditation status of the programs.

Bacone College www.bacone.edu Muskogee

Ph: 918-781-7325

Northeastern State Univ. www.nsuok.edu

Muskogee Ph: 918-781-5410

Oklahoma Panhandle State Univ.

www.opsu.edu Goodwell
Ph: 580-349-2611 Ext 269

Oklahoma State University

www.okstate.edu Stillwater, OK
Ph: 405-744-1998

University of Phoenix www.phoenix.edu

1. Tulsa Campus Ph: 918-622-4981
2. Oklahoma City Campus Ph: 888-888-8166
3. Norman Campus Ph: 405-842-8007

World Breastfeeding Week Emphasizes Strong Foundation

The Oklahoma State Department of Health (OSDH) is promoting World Breastfeeding Week Aug.1-7 with the theme "Breastfeeding: Foundation of Life." The theme focuses on the foundation of lifelong good health that breastfeeding provides for babies and mothers in a world filled with inequity, crisis and poverty.

Breastfeeding is the natural way of providing young infants with the nutrients they need for healthy growth and development. Virtually all mothers can breastfeed, provided they have accurate information and the support of their family, the health care system and society at large. We all have an important role to play in ensuring the growth, development and survival of children at home and around the world.

According to Pregnancy Risk Assessment Monitoring System (PRAMS) data from 2016, 83.9 percent of Oklahoma mothers began breastfeeding their babies after birth. While most new mothers start out breastfeeding, many do not exclusively breastfeed for six months, or continue for up to one year of age or beyond as recommended by the American Academy of Pediatrics (AAP).

"Breastfeeding establishes an important foundation for the health of the breastfed infant as well as the mother," said Amanda Morgan, Breastfeeding Education Coordinator for the Women, Infants and Children (WIC) Service. "WIC views breastfeeding as a priority and strives to set an example for community support of breastfeeding mothers."

Data provided in The Oklahoma Toddler Survey (TOTS) from 2014 to 2016 indicate that although the numbers are gradually improving, only 41.5 percent of mothers were breastfeeding at six months and 23.5 percent of mothers were breastfeeding at 12 months or more. The aim of the national Healthy People 2020 breastfeeding objectives is to increase the proportion of infants who are breastfed at six months to nearly 61 percent and at one year to 34 percent.



**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. If I hand you an apple and tell you it is a pear, you would say, "no it isn't." If I tell you it is raining outside when it is sunny, you would say, "no it isn't." What if I told you that you are stupid and unable to make good decisions, on a daily basis, would you say, "no I'm not" or would you begin to believe it?

A. If you have been listening to the political news you have probably heard the word, Gaslighting. Just what does gaslighting mean and why should we become knowledgeable. One reason is that gaslighting is used not only in politics but in relationships and work settings.

Gaslighting is a form of psychological manipulation that seeks to sow seeds of doubt in a targeted individual or in members of a targeted group, making them question their own memory, perception, and sanity. Using persistent denial, contradiction, and lying, it attempts to destabilize the victim and delegitimize the victim's belief.

Sociopaths and narcissists frequently use gaslighting tactics. Sociopaths exploit others with their convincing lies, charming interactions and consistently denying any wrongdoing.

There are two characteristics of gaslighting: The abuse wants full control of feelings, thoughts, or actions of the victim; and the abuser discreetly emotionally abuses the victim in hostile, abusive, or coercive ways.

It is necessary to understand the warning signs of gaslighting in order to fully take care of yourself:

1. Withholding information from the victim.
2. Countering information to fit the abuser's perspective.
3. Discounting information.
4. Verbal abuse, usually in the form of jokes (oh I was just kidding)
5. Blocking and diverting the victim's attention from outside sources.
6. Trivializing the victim's worth
7. Undermining the victim by gradually weakening them and their thought process.

It has been interesting to see a high number of women who seek counseling because they think they are "crazy" because they don't trust their own reality. They are confused, angry, depressed and sometimes suicidal. Upon further assessment they report being in a relationship with a boyfriend/husband who is controlling, tells them what they think and attempts to isolate them. These are not stupid women but they are vulnerable, mentally weak, easily defeated and manipulated.

If you want to learn more about gaslighting, read about the 1938 stage play *Gas Light*, and the film adaptations released in 1940 and 1944.

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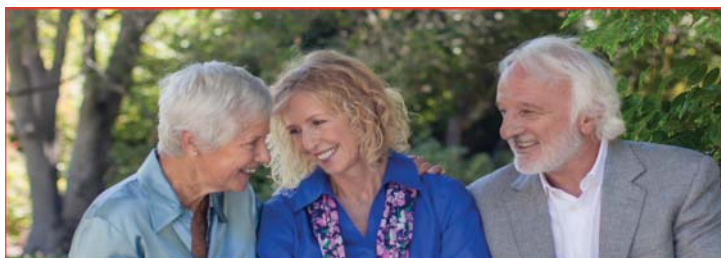
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