

# Oklahoma's Nursing Times

## Recruiter Showcase

**Companion Healthcare**  
RN Case Manager for Private Care Services  
Benefits: • Competitive Salary • Paid Time Off  
• Medical/Dental/Prescription/Vision/Life Insurance  
• Matching 401K • Company Car  
APPLY ON-LINE [WWW.COMPANIONHEALTHCARE.NET](http://WWW.COMPANIONHEALTHCARE.NET)

*See our ad in the classifieds!*  


August 13, 2018

Information for the Oklahoma Nursing & Health Care Professional

[www.oknursingtimes.com](http://www.oknursingtimes.com)

Vol. 19 Issue 32

Published Weekly. Locally Owned and Operated by Metro Publishing L.L.C.

## Spread a Little Cheer



Esther Lokwa, LPN works at Quail Ridge Senior Living. Always a kind word and a smile on her face, Esther likes to cheer up the patients.

by Vickie Jenkins, Staff Writer

Everyone ages. It is an inherent property of life. As our bodies and minds develop over time, we adapt to these changes by modifying our decisions and actions. The later years of life can be especially challenging but Quail Ridge Senior Living is here to help. At Quail Ridge Senior Living, they listen to the needs of the residents in order to understand their limitations and discuss potential solutions. They work with the community members to customize options that

will help them lead the lives they want.

Meet Esther Lokwa, LPN at Quail Ridge Senior Living. She was born and raised in Nigeria and moved to the United States in 1992. Being a nurse for 24 years, including in Nigeria, she has noticed so many changes in the medical field over the years. She went to school at OSU. Her first job here in Oklahoma was at the Baptist Village Retirement Center. "I enjoyed my job there but decided to continue on in the medical field; becoming a nurse here at Quail Ridge Senior

See LOKWA Page 3

## ONA tackles workplace violence



ONA Chief Executive Officer Jane Nelson says her organization will tackle the issue of violence in the workplace at the upcoming Annual Nurses Convention in Tulsa Oct. 24-25.

Tackling the issue of violence in the health care workplace will be the topic for this year's first day of the Oklahoma Nurses Association Annual Convention in Tulsa.

The 2018 Annual Nurses Convention will be held at the Hyatt Regency Hotel in Tulsa Oct. 24-25.

Empowering Nurses: Inspire. Innovate. Influence is this year's convention theme.

During this two-day convention, attendees will explore action-based solutions to empower nurses in their practice areas.

See ONA Page 2

## ONA

Continued from Page 1

From 9 a.m. to noon on the convention's first day the focus will be on Ending Nurse Abuse in Oklahoma.

"The ANA has defined workplace violence from incivility to physical violence," said ONA Chief Executive Officer Jane Nelson. "The sources of that violence comes from peers all the way to patients and their families."

According to statistics kept by the federal Occupational Health and Safety Administration (OSHA), serious workplace violence was more common in health care than any other private sector industry. The health care and social assistance sector recorded almost eight cases of serious workplace violence per 10,000 full-time employees in 2013, compared with two cases per 10,000 workers in fields such as construction, retail, and manufacturing.

An American Nurses Association survey reports violence against nurses is epidemic, with more than 20% of registered nurses and nursing students reporting they'd been physically assaulted and more than half saying they'd been verbally abused over the course of a year.

National Nurses United, the largest

nurses' union with more than 150,000 members, is pushing OSHA to adopt national standards to prevent workplace violence in health care. The organization reports that between 2005 and 2014, rates of workplace violence soared 110% in private industry hospitals.

A panel discussion of nurse leaders from different hospitals across the state will highlight the convention's first day.

Panelists will discuss systemic security changes to policies and visual cues that alert staff of potentially violent patient situations.

"This session will be a really great session and it's different than anything we've ever done before," Nelson said.

A representative from the Cleveland County Sheriff's Office will also present on violence.

"His background is domestic violence and how to identify and realize you might be stepping into a situation that could lead to violence just by looking at verbal and non-verbal cues," Nelson said. "We're really trying to help nurses localize ANA's End Nurse Abuse Campaign and that it's not just something happening in other states. It is happening here and nurses and employers need to work together to solve these issues."

Currently, there is no specific federal statute that requires workplace violence protections, but several states have enacted legislation or regulations aimed at protecting health care workers from its effects.

The ANA supports these moves by individual states, and is actively advocating further, more stringent regulation.

In 2015, the ANA convened a Professional Issues Panel on Incivility, Bullying, and Workplace Violence to develop a new ANA position statement.

### The key points are:

- The nursing profession will not tolerate violence of any kind from any source

- Nurses and employers must collaborate to create a culture of respect

- The adoption of evidence-based strategies that prevent and mitigate incivility, bullying, and workplace violence; and promote health, safety, and wellness and optimal outcomes in health care

- The strategies employed are listed and categorized by primary, secondary, and tertiary prevention

- The statement is relevant for all health care professionals and stakeholders, not exclusively to nurses.

At this time, OSHA does not require employers to implement workplace violence prevention programs, but it provides voluntary guidelines and may cite employers for failing to provide a workplace free from recognized serious hazards.

Some states have legislated that employers develop a program while the majority of states have advanced laws that amend existing statute for assaults of first responders by adding nurses and/or increasing the penalty associated with such behavior.

There is variation between states as to which settings the law applies.

The ONA's House of Delegates will convene in the afternoon to discuss possible resolutions on workplace violence in Oklahoma.

Day 2 of the convention will focus on disparities in health care and includes a variety of presenters.

Registration for the convention is ongoing. You can register online at [oklahomanurses.org](http://oklahomanurses.org) or call 405-840-3476 for more information.

## CTCA Appoints Francine Paschall as its Chief Nurse Executive

Cancer Treatment Centers of America® Global, Inc. (CTCA), a national comprehensive cancer care network of hospitals and outpatient care centers, has named Francine (Fran) Paschall, MBA, DNP, RN, CENP, as its Chief Nurse Executive. She will be based at the Boca Raton headquarters and report directly to President and CEO, Rajesh Garg, MD, JD.

Paschall previously served as Chief Nursing Executive for Hospital Corporation of America (HCA) East Florida Division, and prior to that as Senior Vice President of Patient Care Services/Chief Nursing Officer for HCA's Riverside Community Hospital in California.

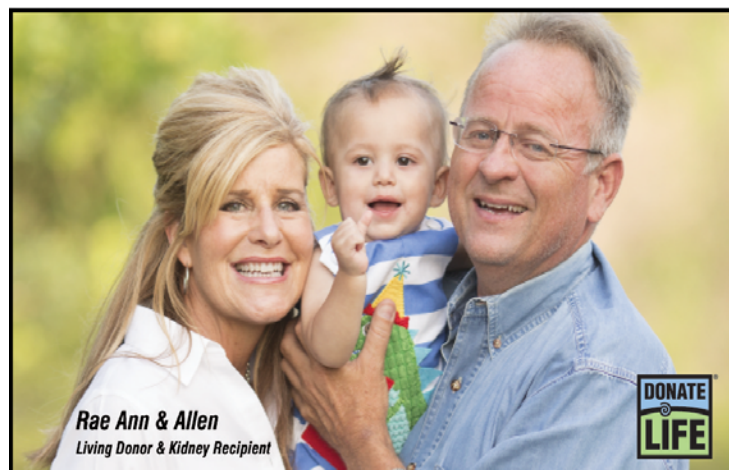
While at HCA East Florida Division, Paschall oversaw nursing practice and operations, led patient experience efforts, drove execution of division and corporate priorities, directed nursing executive and

leadership development and was the subject matter expert on regulatory and compliance issues. Additionally, Paschall previously held nursing leadership roles across several other institutions including King's Daughters Medical Center, Cleveland Clinic Health System and Lakewood Hospital.

"Fran brings a wealth of experience in all areas of nursing with a particular focus in developing a culture of clinical excellence," said Dr. Garg. "She will be instrumental in enhancing CTCA's patient-centric model and helping preserve the company culture as our network grows and expands."

Paschall's decision to join CTCA was largely based on an alignment with the company's mission and vision. "Providing powerful and innovative therapies to heal the whole

See CTCA Page 5



**Rae Ann & Allen**  
Living Donor & Kidney Recipient

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](http://www.LifeShareRegistry.org). You may also call 800-826-LIFE (5433) and request a donor registration card.





## LOKWA

Continued from Page 1

Living. I've been here for about a year now. I love all of the patients here and it is nice that I can get to know them on a personal basis. The staff is so nice and that makes such a difference in the job. Everyone seems to get along together. Teamwork is very important," Esther commented.

Asking Esther what qualities make a good nurse, she replied, "I think one of the most important qualities for a nurse is being able to listen. To really listen to the patient, make good eye contact, listen to their needs, if you do this, by the end of your shift, the patient will be happy it will put a smile on their face."

Esther had never thought about being a nurse when she was little but when she was in Nigeria, her grandmother was very sick and Esther remembers helping take care of her.

Her grandmother was one that had a big influence on her life. Also, Esther's sister is a nurse in Nigeria.

"After I came to the United States, I heard about nursing school and told myself that I could do this. It was at that moment, I knew I wanted to take care of others and become a nurse. I've been caring for others ever since. I enjoy my job. I also have an aunt that is a nurse in Nigeria."

My favorite thing about having a job as a nurse is the fact that I get to meet people. We seem to really connect to each other. There are also some very good bosses here. We have a good team here and that is so important.

Asking Esther how she would describe herself, she said, I am a very patient person and a very caring person. I take my job very seriously. I also try to be pleasant with everyone and I usually put a smile on their face. I like to make others happy."

"I would just like to tell others to be cheerful, listen to your patient and take care of them. Don't be afraid to help out someone when they need help. Esther Lokwa, LPN

Esther's famous hobby is cooking. "I love to cook," she said. She received quite a few honors and awards for her cooking in Nigeria. Apparently, everyone in Nigeria knows that she was a good cook! What an accomplishment! She also likes to go dancing. "Even though I am not that good at it," she laughed. "I'd better stick to cooking," she added.

When Esther is not working, she enjoys spending time with her husband and four daughters, 25, 22, 20 and 14 years old. Esther also likes to travel and has gone to quite a few places; one of her favorite being London. "I

try to get back to Nigeria to see my family as often as I can," she said. "I was there a few years ago and I need to get back sometime soon."

Do you have any words of wisdom that you would like to share? I ask. "I would just like to tell others to be cheerful, listen to your patient and take care of them. Don't be afraid to help out someone when they need help. Whether it is a friend, a patient, or a CMA, don't ever feel like you are better than the other person. Hopefully, they will do the same. Just spread some cheer wherever you go.

## MUSTANG TAX SERVICE

45 W Armstrong Dr. Ste A, Mustang, OK 73064

• Bookkeeping • Payroll  
• Personal & Business Tax Return

BRING IN THIS COUPON FOR

**25% OFF** NEW CUSTOMER DISCOUNT

(405) 376-5456 | mustangtax@aol.com

## Oklahoma's NURSING TIMES

Published each Monday And Locally Owned  
And Operated by Metro Publishing L.L.C.



JOIN US  
ON  
facebook

[www.oknursingtimes.com](http://www.oknursingtimes.com)

Phone (405) 631-5100

Fax (405) 631-5103

P.O. BOX 239 MUSTANG, OK 73064

Editor and Publisher, Steven R. Eldridge - [news@oknursingtimes.com](mailto:news@oknursingtimes.com)  
Recruitment Advertising - Chasity Tallent - [ctallent@oknursingtimes.com](mailto:ctallent@oknursingtimes.com)  
Advertising Services Lisa Weigel - [advertising@oknursingtimes.com](mailto:advertising@oknursingtimes.com)  
Writers: Bobby Anderson, Traci Chapman, Vickie Jenkins, Vicki L Mayfield, M. Ed., R.N. Send all news, story requests, letters to the editor and press releases to [news@oknursingtimes.com](mailto:news@oknursingtimes.com)

Articles and advertisements in Oklahoma's Nursing Times do not necessarily reflect the opinions of the newspaper or Metro Publishing, L.L.C. We do not assume responsibility for statements made by advertisers. The acceptance of advertising by Oklahoma's Nursing Times does not constitute an endorsement of the products, services or information. We do not knowingly present any product or service, which is fraudulent or misleading in nature. Opinions expressed in columns and letters to the editor are not necessarily the opinions of employees, ownership of this newspaper or the publishing company.

Print and digital distribution may vary from time to time at the publisher's discretion due to growth and market changes that are dependent on location influence and market conditions necessary at the time of publication.

In Loving Memory of Randy and Owen Eldridge and Gay Eldridge Hannan



NOMINATE A NURSE TODAY!  
*2018 Oklahoma Nurse of the Year Awards*  
If you've had exceptional nursing care, let that special care provider know. Nominate a nurse today! By nominating an exceptional nurse, you join March of Dimes in honoring the nursing profession and the tireless efforts of those dedicated to their patients. We have 17 nursing categories ranging from Advance Practice to Women's Health.

**WHEN**  
Thursday, October 4, 2018  
6:00 pm - 9:00 pm

**WHERE**  
Embassy Suites Downtown Medical Center  
741 N. Phillips Ave  
Oklahoma City

**CONTACT**  
405 415 1265 or  
<https://nurseoftheyear.marchofdimes.org/Event.aspx?EventId=20193>

LeNorman Family

AllianceHealth  
DEACONESS

# Surgical Technology

by Vickie Jenkins - Writer/Photographer

Meet Lakiea McCaslin, whom works as a part-time scrub tech in the OR for several hospitals in Oklahoma City, OK and is also the manager of a woman's clothing store, Dress Barn. Lakiea's personality seems to scream outgoing and fun for this active mom of two.

Growing up in Denver, CO, Lakiea moved here to Oklahoma City in 2006. She received her associate's degree in surgical technology in 2014. "I started out as a CNA and knew that I wanted to do something in the medical field. The first job I had was working at a full body donor facility. It was a year later that I started my job as a CNA at several hospitals and went to college, receiving a degree in Surgical Technology. "My uncle was a scrub technician, so that is when I became interested in being a scrub tech. There was

one special teacher in school that seemed to go out of her way to help me. She was the one that believed in me the most. It was one of my teachers in school that persuaded me to move along with my medical career. I could always count on her to answer my questions, etc. about any and everything and have wise words of wisdom along the way. Ever since then, I am a little more convinced that I can do anything I want if I give it my all in my work."

A scrub technician has a very important and interesting job, kind of like a behind-the-scenes person. "A scrub tech needs to work well under pressure. The tension can get high in an operating room with all of the doctors and nurses and I'll have to admit, it is easy to pick up on that. Lots of concentration is needed in an OR. We all have to remember not to take things personal. That means everyone has to do their best and



Lakiea McCaslin enjoys working as a part-time scrub technician and a manager for a woman's clothing store, Dress Barn. See SCRUB Page 5

**OKLAHOMA ASSOCIATION  
OF HEALTHCARE RECRUITERS**

**OAHC is a statewide organization of professionals who have joined together to:**

- 1) promote and exchange sound and ethical principles and values of recruitment
- 2) network/share pertinent information on recruitment and retention of healthcare professionals.

OAHC meets bimonthly. For more info, please contact Shawna Feezor, Healthcare Recruiter at 918-599-5228 | shawnafeezor@aol.com

follow us on  
**facebook**

**OKLAHOMA ASSOCIATION  
OF HEALTHCARE RECRUITERS**

**EMPOWERING  
Nurses**  
INSPIRE INNOVATE INFLUENCE  
2018 CONVENTION

**ONA Annual Nurses Convention -  
Empowering Nurses:  
Inspire. Innovate. Influence.**

**2018 Annual Nurses Convention at the  
Hyatt Regency Hotel in Tulsa, OK  
on October 24th & 25th.  
Registration Open. Member discount available.**

**ONA**  
OKLAHOMA NURSES ASSOCIATION

**Oklahoma Nurses Association**  
[www.oklahomanurses.org](http://www.oklahomanurses.org) | 405.840.3476



## SCRUB

Continued from Page 4

each individual needs to know that," Lakiea said.

"A good thing to remember is the fact that we are taking care of the patient. They are putting their trust in us. A scrub tech has an opportunity to learn something new every day. On a personal note, I absolutely love working in the OR, working with the doctors and nurses. There is always something new to learn," Lakiea commented.

Lakiea's favorite part of her job is helping people. "It gives me such a great feeling to know that I had a big part in that person's life. I will always do my best in what I set out to do," Lakiea said. "I love people and I get along with everyone. I've never met a stranger that I didn't like," she added.

I asked Lakiea to describe herself in 3 words. After a little pause, she announced with enthusiasm, 'hardworking, bubbly and easy going.'

Lakiea wears many hats when it comes to her busy life. Working as a scrub tech, she is also a manager of a women's clothing store, Dress Barn. "I enjoy both jobs because they are so different. I take pride in each job that I accomplish."

Lakiea enjoys spending time with her husband and her two kids; a 16-year-old daughter and an 11 year old son. Her spare time is spent with her family which keeps her busy. Her hobbies include drawing and painting, one of her relaxing passions in life.

"In both of my jobs; scrub tech and manager at Dress Barn, I will be sure to put my best effort forward, doing my best to help others and make them happy," Lakiea said.

## CTCA

Continued from Page 2

person, as well as providing hope and trust, are vital to care for our patients and their families," Paschall said. "Nurses are central to this commitment, which is why I want to prioritize inspiring nurses to stay motivated through challenging times and ensure they believe in what they are doing to ensure meaningful and impactful work."

As Chief Nurse Executive, Paschall will lead strategies to enhance patient care, quality and safety. She will represent the voice of the nursing staff and provide leadership to obtain and sustain Magnet Recognition®, the most prestigious distinction a health care organization can receive for nursing excellence, across the entire organization.

Paschall's many achievements include being appointed by the Florida Governor in 2017 to serve on the State Board of Nursing. She has also authored numerous articles including "The Pivotal Role of Nurse Managers," which appeared in the Journal of Nursing Administration.

Paschall holds a Doctor of Nursing Practice in Executive Leadership from American Sentinel University, a Master of Science in Acute and Critical Care Nursing from Case Western Reserve University and a



Master of Business Administration from Tiffin University in Ohio. In her spare time, Paschall enjoys being active and spending time with friends and family, including her four children and six grandchildren.

*Cancer Treatment Centers of America Global, Inc. (CTCA) is a comprehensive cancer care network of hospitals and outpatient care centers in Atlanta, Chicago, Philadelphia, Phoenix and Tulsa. Specializing in the treatment of adult cancer patients, CTCA® offers an integrative approach to care that combines surgery, radiation, chemotherapy, and immunotherapy with advancements in precision cancer treatment and supportive therapies designed to manage side effects and enhance quality of life both during and after treatment. CTCA also offers a range of clinical trials for cancer patients with the objective of revealing new treatments supported by scientific and investigational research. CTCA patient satisfaction scores consistently rank among the highest for all cancer care providers in the country. Visit [cancercenter.com](http://cancercenter.com), [Facebook.com/cancercenter](https://www.facebook.com/cancercenter) and [Twitter.com/cancercenter](https://twitter.com/cancercenter) for more information.*

# Oklahoma Hospital Association Names Patti Davis as President

The Oklahoma Hospital Association (OHA) board of directors has named Patti Davis president, effective Sept. 5. Davis replaces Craig W. Jones, who will retire Aug. 31 after 21 years leading OHA. Davis is only the fourth executive to lead the organization in its 99-year history.

We are excited about the selection of Patti to lead the OHA as we enter our 100th year of the association," said David Whitaker, FACHE, OHA board chairman, chief administrative officer, Mercy-West Community. "Her experience in both small, rural hospitals and large, urban medical centers, as well as her past experience on the OHA staff will be a tremendous asset as we continue our important work strengthening hospitals across the state."

Jimmy Leopard, FACHE, chair of the search committee and CEO, Wagoner Community Hospital, said "After an extensive nationwide search, Patti emerged as the best possible candidate to lead the organization. As both an OHA member and as OHA staff, Patti has been instrumental in a number of key OHA advocacy initiatives and we look forward to working with her as hospitals in Oklahoma face many challenges."

"I am humbled to be selected for this position and I'm ready to get to work taking on the important role of leading the association into our next 100 years," Davis said. "Every day, Oklahomans depend on our members' services, and we must work to ensure the highest quality care is available to those who need it."

Davis comes to OHA from OU Medicine, where she has served as senior vice president of external affairs, and prior to that, senior vice president of strategy and business development since 2013. She was executive vice president at the Oklahoma Hospital Association from 2001 to 2013, where she coordinated operations and special projects and led advocacy efforts on state and federal issues. She was OHA vice president, government relations from 1996 to 2001.

Before joining the OHA staff in 1996, Davis was CEO of Carnegie Tri-County Municipal Hospital. A graduate of the University of Oklahoma, Davis will complete her Master of Legal Studies in Healthcare Law degree at OU this fall.

While in Carnegie, Davis served as chairman of the OHA board of directors and received the association's highest award, the W. Cleveland Rodgers Distinguished Service Award. She has also served on the Rural Health Association of Oklahoma board, the Medical Advisory Committee of the Oklahoma Health Care Authority, and the Trauma Advisory Council for the Oklahoma State Department of Health.

Davis is a resident of Norman, Okla.



Patti Davis, President of the Oklahoma Hospital Association.

EOE



**AllianceHealth**  
SEMINOLE

A Great Place to Work ~  
Join Our TEAM Today

**\$5,000 SIGN ON BONUS**  
FOR FULL-TIME POSITION

**We're hiring FT/PT/PRN RNs for**

- **Medical Surgical - RNs**
- **Emergency - RNs**

Applicants should apply at  
[www.alliancehealthseminole.com](http://www.alliancehealthseminole.com)

## Index to Classifieds

- 1 0 0 Ambulatory
- 1 0 8 Administrative
- 1 1 3 Case Management
- 1 1 5 Chemical Dependency
- 1 1 8 Clinical Instructors
- 1 1 9 Collection
- 1 2 1 Critical Care
- 1 2 3 Certified Medical Assistant
- 1 2 4 Certified Nurses Aide
- 1 2 7 CRNA
- 1 2 9 Dental
- 1 3 0 Dialysis
- 1 3 1 Dietary
- 1 3 7 Education
- 1 4 0 General Nursing
- 1 4 3 Geriatrics and Long Term Care
- 1 4 6 HMO
- 1 4 9 Home Health
- 1 5 2 Hospice
- 1 5 4 Housekeeping
- 1 5 5 Infection Control
- 1 5 6 Instructor
- 1 5 8 IV Therapy
- 1 6 1 Licensed Practical Nurse
- 1 6 4 Managerial
- 1 6 5 Massage Therapy
- 1 6 7 Medical/Surgical
- 1 7 0 Nurse Practitioner
- 1 7 3 OB/Gyn
- 1 7 6 Occupational Health
- 1 7 9 Office
- 1 8 2 Oncology
- 1 8 5 O.R./PACU
- 1 8 8 Orthopedic
- 1 9 0 Pediatric
- 1 9 1 Pharmacist
- 1 9 2 Physicians Assistant
- 1 9 7 Public Health
- 2 0 0 Rehabilitation
- 2 0 4 Registered Nurse
- 2 0 7 Research
- 2 1 0 Sales Representative

## RN Case Manager for Private Care Services



**Companion Healthcare** is accepting applications for an RN Case Manager for Private Care services. The RN Case Manager will meet with prospective clients and provide professional assessment of the needs and desires of clients. They will help coordinate the total plan of care and maintain continuity of care by interacting with other health professionals.

### Requirements:

- Current Oklahoma RN license
- Graduate of an approved school of professional nursing
- One year experience in home health field preferred
- Demonstrate knowledge and skills necessary to provide care primarily to the geriatric population
- Valid Oklahoma driver's license
- Must pass criminal background check

### Benefits:

- Competitive Salary • Paid Time Off
- Medical/Dental/Prescription/Vision/Life Insurance
- Matching 401K • Company Car

*Companion Healthcare is a local family-owned company with offices in Guthrie, Edmond and Stillwater.*

**Companion Healthcare**  
Hospice • Home Health • Private Care

**APPLY ON-LINE: [www.companionhealth.net](http://www.companionhealth.net)**

### 140 GENERAL NURSING

#### We are accepting applications for the position of MDS Coordinator

Gracewood Health & Rehab, located at 6201 E 36th St, Tulsa, OK 74135, is soliciting applications for the position of **MDS Coordinator**. This is a full time position and duties will include managing the entire MDS process, completing assessments and developing care plans. The ideal candidate will have: \* A friendly, team-oriented disposition \* Flexibility, and be detailed oriented \* Understanding of RUGs III and IV \* Experience in a long term care or rehabilitation setting \* RN preferred but outstanding LPN candidates may be considered.

#### We are looking for Registered Nurse/Licensed Practical Nurse!

Attractive professional opportunities exist for individuals wishing for a more flexible schedule. Perfect for the individual seeking to supplement their income. Come work for a growing and stable team at PEACE Homecare where you feel appreciated for what you do. Need extra money and want to make a difference? Prior Homecare Experience preferred but not required. If you are ready to join us as we build our team for the future, please visit us: PEACE Homecare 210 N. University Blvd. Norman, Oklahoma 73069. For more information please call Takara Fitzgerald, Office Manager at 405-701-5951 or fax resume to 405-701-5953.

### 140 GENERAL NURSING

#### We are seeking Licensed Practical Nurses and Registered Nurses to join our team of dedicated health care professionals.

Fourseason Nursing Center in Durant, OK provides customized and high quality care to our residents in this skilled nursing environment. **We are seeking LPN's and RN's to join our team of dedicated health care professionals.** Fourseason Nursing Center 1212 4 Seasons Dr, Durant, OK 74701

#### Would you like to make a difference? We are looking for caring Licensed Practical Nurses/Registered Nurses for our residents.

Greenbrier Village is looking for caring Licensed Practical Nurses/Registered Nurses for our residents. Currently, we need 6PM-6AM shifts but we are always looking for exceptional candidates to join our Greenbrier Family! Call HR Director Gayle Thorpe at 580-402-1734 today! 1119 E Owen K Garriott Road, Enid, OK 73701

### 140 GENERAL NURSING

#### NOW HIRING FOR CHARGE NURSES. Competitive pay and benefits as well as more paid time off and a team atmosphere.

Due to incredible growth The Highlands at Owasso is **now hiring for Charge Nurses**. The Highlands offers competitive pay and benefits as well as more paid time off and a team atmosphere. If you would like to work for a beautiful new facility that you can be proud of, please submit your resume and schedule a tour. 10098 NORTH 123rd East Avenue, Owasso, OK.

#### We are seeking Nurse Aide and Certified Nurse Aides. All Shifts - Will Train.

The Village Health Care Center, 11709 South Main Street, Broken Arrow, OK, 918-251-2626

#### We are hiring Certified Nurses Aide Home Health.

Also will help with outdoor chores and critters - children. Miami, OK and surrounding areas. Call 918-325-0298.

### 161 LICENSED PRACTICAL NURSING

#### We are looking for Licensed Practical Nurses

Assist physician in providing quality care. Must have at least 2-3 years experience working in a fast paced outpatient clinic environment. Must be able to multitask and maintain a positive attitude at all times. Great benefits and paid time off provided. Come join our team! INDIAN PREFERENCE/EOE. OSBI background check and drug testing required. fax# 918-382-1227. Indian Health Care Resource. Center 550 South Peoria, Tulsa, OK 74120

#### 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

# Career Opportunities

FAX 405-631-5103 or CALL 405-631-5100

or email ads to [advertising@okcnursingtimes.com](mailto:advertising@okcnursingtimes.com)

Oklahoma's  
NURSING TIMES





## NURSING CAREER OPPORTUNITIES

### INTEGRIS NURSING LEADERSHIP

- System Director Patient Safety and Accreditation, INTEGRIS (712418)
- RN Clinical Director, FT, Women's & Children's Services, INTEGRIS Grove Hospital, Grove, OK (712053)
- RN Clinical Director, FT, Cardiovascular Care, INTEGRIS Southwest Medical Center (712471)
- RN Clinical Director, FT, Days, Intensive Care Unit, INTEGRIS Southwest Medical Center (711362)

### INTEGRIS Baptist Medical Center

- Registered Nurse - (RN) Cardiac Float, FT, \$50/hr, 7p-7a, Heart Hospital Flex Pool (711922)
- Registered Nurse - (RN) FT, 7p-7a, 9 East Oncology & Med/Surg (711956)
- Registered Nurse - (RN) FT, Mon-Fri, 7a-6:30p, Interventional Radiology (711762)
- Registered Nurse - (RN) FT, Mon-Fri, 7a-5:30p, Cardiovascular Surgery (712259)
- Registered Nurse - (RN) FT, 7p-7a, 901 Coronary Care ICU, Heart Hospital (711703)
- Registered Nurse - (RN) FT, 7p-7a, 8 West Post Cardiac Surgery, Heart Hospital (712084)
- Registered Nurse - (RN) FT, 7p-7a, 8 East IMC PCCU, Heart Hospital (712278)
- Registered Nurse - (RN) FT, 7p-7a, Med/Surg (712311)
- Registered Nurse - (RN) FT, 7p-7a, Orthopedics (712312)
- Registered Nurse - (RN) I Flex Resource Pool, \$36/hour, FT, 7p-7a (711930)
- Registered Nurse - (RN) I Flex Resource Pool, \$36/hour, FT, 7a-7p (711929)
- Registered Nurse - (RN) FT, 7p-7a, Critical Care Stepdown (712313)
- MICS RN Coordinator, RPT, Days, Mechanical Circulatory Support, INTEGRIS Advanced Cardiac Care (711841)
- Registered Nurse (RN) FT, 7a-7p, Medical Decision Unit/Emergency Dept (712601)
- APRN, FT, Neuro ICU, Nights (712770)

### INTEGRIS Canadian Valley Hospital, Yukon

- Registered Nurse - (RN) FT, 7a-7p, Med/Surg (712145)
- Registered Nurse - (RN) FT, 7p-7a, Med/Surg (712435)
- Registered Nurse - (RN) FT, 10p-7a, Mon-Thurs, Women's Center (712517)
- Registered Nurse - (RN) FT, 7p-7a, ICU (711880)
- Registered Nurse - (RN) FT, 7p-7a, Emergency Dept (711806)
- Registered Nurse - (RN) FT, 7p-7a, Emergency Dept (712481)

### INTEGRIS Health Edmond

- Registered Nurse - (RN) FT, 7a-7p, Med/Surg (711780)
- Registered Nurse - (RN) FT, 7a-7p, ICU (711442)
- Registered Nurse - (RN) FT, 7p-7a, ICU (711441)

### INTEGRIS Southwest Medical Center

- Registered Nurse - (RN) FT, 7p-7a, Oncology Med/Surg (712388)
- Registered Nurse - (RN) FT, 7a-7p, Med/Surg (712133)
- Registered Nurse - (RN) FT, 7p-7a, Med/Surg (712134)
- Registered Nurse - (RN) FT, 7p-7a, Intermediate Care (711984)
- Registered Nurse - (RN) FT, 7a-7p, Med/Surg (712679)
- Registered Nurse - (RN) FT, 7p-7a, Med/Surg ICU (712240)
- Registered Nurse - (RN) FT, 7p-7a, Emergency Dept (711618)
- Registered Nurse - (RN) FT, 7p-7a, Emergency Dept (712626)

### ACROSS THE METRO

- Clinical Education Consultant - OB/Women's Center, FT, Variable hrs, Nursing Education (712049)
- RN Case Manager - Registered Nurse, FT, Mon-Fri, 8a-5p, INTEGRIS Home Care (711517)
- Home Health Registered Nurse (RN) FT, Evenings, 2p-12a, Mon, Tues, Thurs, Fri, INTEGRIS Home Care (712055)
- Registered Nurse - (RN) I Flex Resource Pool, \$36/hour, FT, 7p-7a (712492)
- Care Coordinator (RN) FT, Days, CPC+Program, INTEGRIS Medical Group (711739)

### ACROSS THE STATE

- Registered Nurse - (RN) FT, Variable hrs, Emergency Dept, INTEGRIS Miami Hospital, Miami, OK (711924)
- Registered Nurse - (RN) OPT, 7p-7a, ICU, INTEGRIS Miami Hospital, Miami, OK (711556)
- Registered Nurse - (RN) FT, Day Shift, Intensive Care Unit, INTEGRIS Grove Hospital, Grove, OK (712541)
- Registered Nurse - (RN) RPT, Variable hrs, Emergency Department, INTEGRIS Bass Baptist Health Center, Enid, OK (711946)
- Registered Nurse - (RN) FT, Nights, 7p-7a, Emergency Department at INTEGRIS Bass Baptist Health Center, Enid, OK (711603)
- APRN or Physician Assistant FT, INTEGRIS Wynoka Family Clinic (712771)

To view career opportunities and to apply online visit:

**integriskok.jobs**

INTEGRIS considers all qualified applicants regardless of protected status as defined by applicable law, including protected veteran or disability status. AA/EEO

## 204 REGISTERED NURSE

### We are seeking Full-time Pre-Op Registered Nurse with experience

at Eye Surgery Center of Tulsa located at 7191 South Yale Avenue, Tulsa, OK 74136. We are a fast paced outpatient surgery center. Great pay and benefits. No nights, weekends, holidays or call.

### We are seeking a highly motivated Registered Nurse to be our weekend supervisor.

Adams PARC is a Post Acute Recovery Center located in Bartlesville, Ok. We are a skilled nursing facility that serves individuals recovering from surgery, such as knee or hip replacement or other acquired injuries (stroke, COPD, pneumonia, cardiac issues, etc.). Every staff member at Adams PARC plays a critical role in helping our guests return to their prior living situation once their therapy goals have been reached. We are seeking a highly motivated RN to be our weekend supervisor. This RN would direct the nursing staff, oversee new admissions, and manage the facility each weekend. We strive for excellence at Adams PARC, and we need excellent staff members on our team. We offer flexible schedules, competitive wages, bonus programs, and other benefits associated with our state of the art rehabilitation facility. If you need assistance or would like a tour of the facility, please call 918-331-0550. 6006 SE Adams Blvd, Bartlesville, OK 74006

### We are seeking Full-time experienced Registered Nurse.

MacArthur Park Home Health, Shawnee, Oklahoma is seeking a Full-time Registered Nurse. 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 Registered Nurse in the State. One year nursing experience in community health/home health/hospice experience, preferred. Salary is commensurate with education and experience. 120 West MacArthur Street. #130, Shawnee, Oklahoma 74804

### We are looking for a Part time position for a Registered Nurse

at our South Tulsa office location. Must be able to start I.V.'s. No weekends. Great work environment. Background check and drug testing before hiring. Kelly Medical Building, 6565 South Yale Ave, Tulsa, OK 74136

To advertise, please call Oklahoma's Nursing Times at (405) 631-5100 or visit [www.oknursingtimes.com](http://www.oknursingtimes.com)!

**AllianceHealth**  
MIDWEST

Small but BIG.  
Small enough to care about you,  
big enough to care for you!

**We are welcoming experienced RN's for all areas to apply!**

- BEHAVIORAL HEALTH • CATH LAB RN
- CRITICAL CARE • EMERGENCY DEPT
- FLOAT POOL • LABOR & DELIVERY
- MED/SURG • SURGERY

**myalliancehealth.com**

**Fun Fact: Did You Know Oklahoma's Nursing Times Has More Than 10,000 Likes On Facebook? To Advertise, Please Call Oklahoma's Nursing Times At (405) 631-5100 Or Visit [www.oknursingtimes.com](http://www.oknursingtimes.com)!**

**CLASSIFIED RATES!**

	Open	4x	12x	26x	48x
Per Line, Per Insertion	\$5.01	\$4.41	\$4.22	\$3.93	\$3.66

Classified Display: 14 lines to an inch.

**COLOR**

Spot: \$50 for each color • Full Color: Only \$125 (color as available)

**WORLD-WIDE!** YOUR AD ONLINE FOR ONLY **.32** EXTRA PER LINE!  
[www.oknursingtimes.com](http://www.oknursingtimes.com)

For More Info: Contact us at [advertising@oknursingtimes.com](mailto:advertising@oknursingtimes.com) or by phone (405) 631-5100

# Career Opportunities

FAX 405-631-5103 or CALL 405-631-5100

or email ads to [advertising@oknursingtimes.com](mailto:advertising@oknursingtimes.com)

Oklahoma's  
**NURSING TIMES**

## Lakeside Women's Hospital Hosts Afghanistan Physician



It is widely acknowledged that economically stable societies have a much greater capacity for peace. It is also a common belief that small business is the backbone of economic stability. Many contend that recognizing how these two ideologies work together is the formula for success.

PEACE THROUGH BUSINESS, a part of the Institute for Economic Empowerment of Women, is a training and mentorship program for women entrepreneurs in Afghanistan and Rwanda. It is designed to educate women on ways to promote their business and use their leadership skills to help build stable democracies in their respective countries.

Each year, the program brings 30 women from developing war-torn nations to the United States to receive basic business education. This involves classroom instruction as well as mentorships.

Susan Chambers, M.D., an OB/GYN physician at Lakeside Women's Hospital, has participated in the PEACE THROUGH BUSINESS program since its inception 11 years ago.

"I have hosted a variety of Rwandan and Afghan women business owners over the years. They not only shadow me at work but also live with me in my home. I get to know them

both personally and professionally. We meet as strangers and leave as friends."

This year, Chambers was matched with Sharifa Hesarnaee, M.D., from Afghanistan. Hesarnaee has been practicing medicine for 11 years. She says the biggest medical challenge in her country is illiteracy and an overall low level of health knowledge among her patients. "Couple that with ill equipped hospitals, and you have cyclical problem. Even our emergency rooms don't have the equipment and materials we need to properly care for our people."

This is Hesarnaee's first visit through the program. "I came to be inspired and it has exceeded my expectations," says Hesarnaee. "I have learned so much here on everything from how to counsel patients to the latest techniques in gynecological surgery."

She plans to take what she has learned back to Afghanistan and share it with her medical associates there, so they can implement like initiatives and improve the health of their patients. PEACE THROUGH BUSINESS graduates understand the importance of personal responsibility and pledge to support their country by being the agents of change needed to revolutionize their economy.

## Oklahoma Clinicians Receive Wound Training to Improve Care Quality

*Fifteen healthcare professionals expand wound care knowledge to benefit patients*

Fifteen healthcare clinicians in Oklahoma were beneficiaries of training from the Wound Care Education Institute by OnCourse Learning in June as part of a national quality care improvement program.

The Oklahoma Hospital Association (OHA) provided scholarships for a group of professionals to attend wound care training June 25-29 in Oklahoma City thanks to funding from the Hospital Improvement Innovation Network (HIIN), part of the American Hospital Association's Health Research & Educational Trust (HRET).

"Our live classroom training is an interactive, engaging way for clinicians to gain knowledge that will positively impact the lives of their patients," said WCEI co-founder Nancy Morgan, BSN, MBA, RN, WOC, DWC, OMS. "Healthcare professionals who take part in our Skin and Wound Management course study to prepare for the National Alliance of Wound Care and Ostomy's Wound Care Certified credential and become nationally recognized wound care experts."

The HIIN funding helps hospitals continue progress toward the national Centers for Medicare & Medicaid Services' goals of reducing inpatient harm by 20% and readmission rates by 12% by 2019. One of the CMS' 12 areas of focus is pressure injuries, which wound care clinicians treat and work to prevent.

### Oklahoma achievements

Oklahoma is one of 35 states taking part in the HIIN program to focus on improving care for patients across the country.

"It has always been our goal to increase the capacity of care providers in our hospitals," said Patrice Greenawalt, RN, MS, who serves as the OHA Clinical Initiatives Manager. "Wounds are a serious issue for many patients. This training allows patients to receive high-level wound care in their local hospitals."

"OHA is excited to be able to offer this education to HIIN participants," Greenawalt said. "We are proud to recognize the following individuals committed to improving patient care."

- \* Jessica Rathbun, WCC (Cleveland Area Hospital, Cleveland)
- \* Anita Thomas (Creek Nation Community Hospital, Okemah)
- \* Brooklyn Delue (Cherokee Nation W.W. Hastings Hospital, Tahlequah)
- \* Tonya Wann, WCC (Eastern Oklahoma Medical Center, Poteau)
- \* Brenda Rainey (Hillcrest Hospital, Cushing)
- \* Debbie Clark (Newman Memorial Hospital, Shattuck)
- \* Stephanie Paine, WCC (Northeastern Medical Center, Tahlequah)
- \* Allison Foster, WCC (Okeene Municipal Hospital, Okeene)
- \* Christine DeFontes, WCC (OSU Medical Center, Tulsa)
- \* Gicela Anabel Rodriguez, WCC (OU Medicine, Oklahoma City)
- \* Susan Wilkins (Pauls Valley General Hospital, Pauls Valley)
- \* Angela Brand, WCC (Perry Memorial Hospital, Perry)
- \* Lesley Wadley (The Physicians' Hospital in Anadarko, Anadarko)
- \* George Spriggs (Southwestern Medical Center, Lawton)
- \* John Karlin, WCC (Weatherford Regional Hospital, Weatherford)

WCEI by OnCourse Learning is the leading national educational center of excellence for wound care and ostomy education. WCEI's mission is to develop multidisciplinary wound care professionals by offering training programs based on current standards of care and evidence-based research. WCEI has trained thousands of wound care physicians, therapists, nurses and sales and marketing professionals through webinars, seminars and the Wild on Wounds (WOW) national conference.



## Oklahoma's Nursing Times

## College Nursing Guide (Abbreviated)

- another free service provided by Oklahoma's Nursing Times -

## PRACTICAL NURSING PROGRAMS

## Astry Technology Center

[www.astrytech.com](http://www.astrytech.com) Enid, OK 73703 Ph: 580-242-2750 Ext 163

## Caddo-Kiowa Tech. Center

[www.caddokiowa.com](http://www.caddokiowa.com) Ft. Cobb Ph: 405-643-5511 Ext 263

## Canadian Valley Tech. Center

[www.cvtech.org](http://www.cvtech.org)  
1. El Reno Campus Ph: 405-422-2341  
2. Chickasha Campus Ph: 405-222-7592

## Central Technology Center

[www.ctechok.org](http://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](http://www.chisholmtrail.com) Ph: 405-729-8324

## Francis Tuttle Tech. Center

[www.francistuttle.com](http://www.francistuttle.com) Oklahoma City Ph: 405-717-4382

## Gordon Cooper Tech. Center

[www.gctech.org](http://www.gctech.org)  
Shawnee Ph: 405-273-7493 Ext 291

## Great Plains Technology Center

[www.gptech.org](http://www.gptech.org)  
1. Lawton Campus Ph: 580-250-5595  
2. Frederick Campus Ph: 580-335-5525

## Green Country Technology

[www.gctc.ok.com](http://www.gctc.ok.com) Okmulgee Ph: 918-758-0840 Ext 246

## High Plains Technology Center

[www.hptc.net](http://www.hptc.net) Woodward Ph: 580-571-6159

## Indian Capital Tech Center

[www.icavts.tec.ok.us](http://www.icavts.tec.ok.us)  
1. Muskogee Campus Ph: 918-686-7565  
2. Sallisaw Campus Ph: 918-775-9119 Ext 108  
3. Stilwell Campus Ph: 918-696-3111  
4. Tahlequah Campus Ph: 918-456-2594

## Kiamichi Technology Center

[www.okktc.org](http://www.okktc.org)  
1. Antlers Campus Ph: 580-298-6354  
2. Atoka Campus Ph: 580-889-7321  
3. Durant Campus Ph: 580-924-7081  
4. Hugo Campus Ph: 580-326-6491  
5. McAlester Campus Ph: 918-426-0940  
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](http://www.meridian-technology.com) Stillwater, OK 74074  
Ph: 405-377-3333 Ext 324

## Metro Technology Center

[www.metrotech.org](http://www.metrotech.org) Oklahoma City Ph: 405-605-4610

## Mid-America Technology Center

[www.matech.org](http://www.matech.org)  
Wayne Ph: 405-449-3391 Ext 265

## Mid-Del Lewis Eubanks Technology Center

[www.mid-del.tec.ok.us](http://www.mid-del.tec.ok.us) Midwest City Ph: 405-739-1713

## Moore Norman Technology Center

[www.mntech.org](http://www.mntech.org) Norman Ph: 405-364-5763 Ext 7349

## Northeast Technology Centers

[www.netechcenters.com](http://www.netechcenters.com)  
1. Pryor Division Ph: 918-825-5555  
2. Afton Division Ph: 918-257-8324  
3. Kansas Division Kansas, OK Ph: 918-868-3535  
4. Claremore Division Ph: 918-342-8066

## Northwest Technology Center

[www.nwtech.edu](http://www.nwtech.edu)  
Alva Ph: 580-327-0344

## Pioneer Technology Center

[www.pioneer.tech.org](http://www.pioneer.tech.org)  
Ponca City Ph: 580-762-8336 Ext 251

Platt College [www.plattcollege.org](http://www.plattcollege.org)

(Conditional Approval)  
1. Tulsa Campus Ph: 918-663-9000  
2. Oklahoma City Campus Ph: 405-946-7799  
3. Moore Campus Ph: 405-912-2777  
4. Lawton Campus Ph: 580-355-4416

## Pontotoc Technology Center

[www.pontotoc.com](http://www.pontotoc.com) Ada Ph: 580-310-2258

## Red River Technology Center

[www.redriver.tec.ok.us](http://www.redriver.tec.ok.us)  
Duncan Ph: 580-255-2903 Ext 237

## Southern Okla. Tech. Center

[www.sotc.org](http://www.sotc.org)  
Ardmore Ph: 580-223-2070 Ext 239

## Southwest Technology Center

[www.swtc.org](http://www.swtc.org)  
Altus Ph: 580-477-2250 Ext 257

## Tri County Technology Center

[www.tctc.org](http://www.tctc.org)  
Bartlesville Ph: 918-331-3223

Tulsa Tech, HSC [www.tulsatech.com](http://www.tulsatech.com)

Tulsa Ph: 918-828-5000/828-1043

## Western Technology Center

[www.wtc.tec.ok.us](http://www.wtc.tec.ok.us)  
Burns Flat Ph: 580-562-3181 Ext 2264

## Wes Watkins Technology Center

[www.wwtech.org](http://www.wwtech.org)  
Wetumka Ph: 405-452-5500 Ext 277

## REGISTERED NURSING PROGRAMS

## Carl Albert State College

[www.carlalbert.edu](http://www.carlalbert.edu)  
1. Poteau Campus Phone: 918-647-1350-1355  
2. Sallisaw Campus Phone: 918-775-6977

## Connors State College

[www.connorsstate.edu](http://www.connorsstate.edu)  
Muskogee Campus Phone: 918-684-5436

## Eastern Oklahoma State College

[www.eosc.edu](http://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.mscc.edu](http://www.mscc.edu)

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

## Northeastern OK A&amp;M College

[www.neo.edu](http://www.neo.edu)  
Miami Phone: 918-540-6312

Northern Oklahoma College [www.noc.edu](http://www.noc.edu)

1. Tonkawa Campus Phone: 580-628-6679  
2. Enid Campus Phone: 580-242-6300  
3. Stillwater Campus Phone: 405-372-1480

## Oklahoma City Community College

[www.okc.cc.ok.us](http://www.okc.cc.ok.us) Oklahoma City Phone: 405-682-7507

## Oklahoma State University

[www.osuokc.edu](http://www.osuokc.edu)  
Oklahoma City Phone: 405-945-3295

## OSU Institute of Technology Okmulgee

[www.osuit.edu](http://www.osuit.edu) Phone: 918-293-5337

## Redlands Community College

[www.redlandsc.edu](http://www.redlandsc.edu) El Reno Phone: 405-422-1262

Rogers State University [www.rsu.edu](http://www.rsu.edu)

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

Rose State College [www.rose.edu](http://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](http://www.ssc.cc.ok.us)

Phone: 405-382-9205

Tulsa Community College [www.tulsacc.edu](http://www.tulsacc.edu)

1. Tulsa Campus Phone: 918-595-7188  
2. Owasso Campus Satellite Site Phone: 580-595-7188

## Western Oklahoma State College

[www.wosc.edu](http://www.wosc.edu)  
1. Altus Campus Phone: 580-477-7830  
2. Lawton Campus Phone: 580-477-7830  
3. Elk City Campus Phone: 580-477-7830  
4. Internet-Based Campus Altus Phone: 580-477-7830

## BACCALAUREATE DEGREE PROGRAMS

East Central University [www.ecok.edu](http://www.ecok.edu)

1. Ada Campus Ph: 580-332-8000 Ext 433/434  
2. Durant Campus Ph: 580-924-0121  
3. Ardmore Campus Ph: 580-223-1441

Langston University [www.lunet.edu](http://www.lunet.edu)

1. Langston Campus Ph: 405-466-3411  
2. Tulsa Campus Ph: 918-594-8070

## Northwestern OK State Univ.

[www.nwosu.edu](http://www.nwosu.edu)  
1. Alva Campus Ph: 580-327-8489  
2. Enid Campus Ph: 580-233-3101  
3. Woodward Campus Ph: 580-327-8489  
4. Ponca City Campus Ph: 580-718-5600

## Oklahoma Baptist University

[www.okbu.edu](http://www.okbu.edu)  
Shawnee Ph: 405-878-2081

## Oklahoma Christian University

[www.oc.edu](http://www.oc.edu)  
Oklahoma City Ph: 405-425-5000

## Oklahoma City University Kramer School of Nursing

[www.okcu.edu](http://www.okcu.edu)  
1. Oklahoma City Campus Ph: 405-208-5900  
2. Duncan Campus Ph: 405-208-5900

## Oklahoma Wesleyan University

[www.okwu.edu](http://www.okwu.edu)  
Bartlesville Ph: 918-335-6276

Oral Roberts University [www.oru.edu](http://www.oru.edu)

Tulsa Ph: 918-495-6198

Rogers State University [www.rsu.edu](http://www.rsu.edu)

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

## Southern Nazarene University

[www.snu.edu](http://www.snu.edu)  
Bethany Ph: 405-491-6610

## Southwestern OK State Univ.

[www.swosu.edu](http://www.swosu.edu)  
Weatherford Ph: 580-774-3261

## University of Central Oklahoma

[www.uco.edu](http://www.uco.edu)  
Edmond Ph: 405-974-5000

University of Oklahoma [www.ouhsc.edu](http://www.ouhsc.edu)

1. Oklahoma City Campus Ph: 405-271-2428  
2. Tulsa Campus Ph: 918-660-3950  
3. Lawton Campus Ph: 580-591-8094

## The University of Tulsa

[www.cab.utulsa.edu](http://www.cab.utulsa.edu)  
Ph: 918-631-2619

*The following programs admit only Registered Nurses to Upper Division Courses and Grant a Baccalaureate Degree in Nursing.*

*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](http://www.bacone.edu) Muskogee

Ph: 918-781-7325

Northeastern State Univ. [www.nsuok.edu](http://www.nsuok.edu)

Muskogee Ph: 918-781-5410

## Oklahoma Panhandle State Univ.

[www.opsu.edu](http://www.opsu.edu) Goodwell  
Ph: 580-349-2611 Ext 269

## Oklahoma State University

[www.okstate.edu](http://www.okstate.edu) Stillwater, OK  
Ph: 405-744-1998

University of Phoenix [www.phoenix.edu](http://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

# Are sleep aids safe?

Adequate sleep is a cornerstone of good health. Yet getting enough shut-eye can be easier said than done for many Oklahomans.

The Centers for Disease Control and Prevention reports that more than 35 percent of adult Oklahomans sleep less than 7 hours per night. To try to get enough rest, many turn to sleep aids. But are they safe?

Research has found an increased risk of dementia among senior citizens who engaged in long-term use of sleep aids like Nytol or the antihistamine Benadryl, which block the neurotransmitter acetylcholine. Other studies have also associated the use of multiple anticholinergic drugs (like the anti-depression medication Paxil and pain medications such as Tylenol PM) with lower levels of cognitive function.

Still, according to Oklahoma Medical Research Foundation President Stephen Prescott, M.D., the evidence linking these drugs to dementia, Alzheimer's or other forms of cognitive impairment remains weak.

"There's no underlying explanation of what might be happening on a biological level," said Prescott, a physician and medical researcher. "And another,

more rigorous study suggests that risk increases only when people use these drugs for three years or more."

"As a result, I wouldn't be overly concerned that the occasional, short-term use of an over-the-counter sleep aid will cause Alzheimer's or other forms of dementia," he said.

Nevertheless if you're having trouble sleeping, said Prescott, there are other effective strategies that carry fewer potential side effects.

For example, he said, avoid all alcohol and caffeine before bed. Leave screens out of the bedroom, as the blue light emitted by devices like smartphones and TVs suppresses the release of the sleep hormone melatonin. Ensure your room is completely dark, as any light can disturb sleep patterns.

"Most importantly, don't panic if you find yourself tossing and turning," Prescott said. "Try to visualize something simple and mundane, like the step-by-step process involved in a workout or cooking a meal."

Before you know it, he said, you'll be slipping off to the land of nod. "Boring tasks may not be ideal in waking life, but thinking about them can be a wonderful sleep aid."



**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 have become acutely aware of just how much my job takes from me emotionally, mentally and sometimes physically. I also get very frustrated when I have a day off and work calls to see if I can work extra. Really? Why do employers not value their employees having self time? -- Emily**

**A. This will always be a perplexing reality until management wakes up from their prolonged slumber and faces the problem of not just burning out their employees but in some cases, "early death of their employees."**

The employee must take some responsibility and "just say no" or on your day off, do not answer the phone; it is your day off!!

Days off and vacations are just what they mean. No explanation needed. They are vital for good health.

It is not life threatening if on occasion you pick up an extra shift or stay over for part of a shift if you are prepared to do it. Most of us have done that, probably many times. But when it just doesn't work, say no. AND remember you do not have to give a three minute explanation on why you can't do it.

Emily, what would happen if you said, "No I can't work extra, I will be taking care of myself?" Then when you return to work, after your day/days off you will be rested and ready to give 100% of yourself.

Self care is greatly underrated!! People can usually list all their "work related" activities before their "taking care of me" activities. The Human Doing phenomena seems to supersede "Human Being."

Emily it sounds like you are feeling pressured to work beyond your emotional, mental and often physical limits. If you haven't already experienced some health issues, you will. The body cannot withstand constant motion and mental stress. Notice if you are having headaches, stomach distress, pain in your joints, insomnia, etc. Don't take Tylenol or Ibuprofen; noticing an increased frequency and not take it seriously. The body is sneaky; if we aren't paying attention, it will up the ante on us. Intermittent headaches become daily, chronic insomnia will take a toll on our mental and emotional health

Also look at your finances; how much do you really need to work. Do you need to pick up overtime shifts? Remember, the less you buy, the less money you need to pay for it.

Emily, take an inventory of your life. Look at your physical health. Keep a journal. Notice when you are not feeling well and see what is happening with your work life.

Sometimes we do not get a "do-over" and our health may not recover. Value you and see if you can make some changes.

**Complete Tree Service**

**CTS**

**From Landscaping to Tree Removal & Everything in-Between!**

**HAZARDOUS REMOVAL SPECIALISTS**

**ITEX**

**The Membership Trading Community**

**405.524.4839**

**oklahomacity.itex.com**

**With 15 years experience and a A+ BBB rating you'll be glad you Called Ron!**

**405-842-4717**





# NURSE + TALK

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

## What's your nursing superpower? *Integris Health Edmond - ICU/Med-Surg*

I think I'm good at making my patients feel comfortable.



Carlos Pairazaman, RN

I feel like I'm good at relating to people, staff or patients I can put myself into their shoes.



Ryan Cooper, RN

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

Email:  
news@okcnursingtimes.com  
or mail to  
Oklahoma's Nursing Times  
P.O. Box 239  
Mustang, Ok. 73064

Trying to make sure I get all of my charting done before I leave.



Chasie McDonald, RN

I think it would be empathy.



April Long, RN

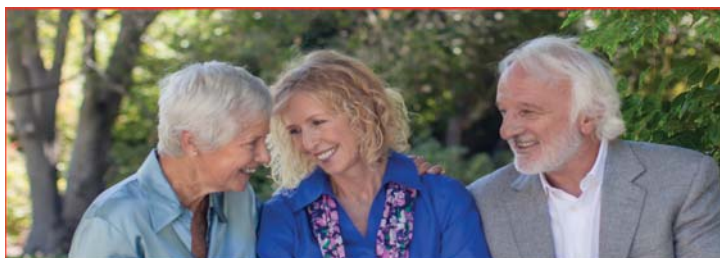
We have reached  
**10,000 Likes**  
on



Thank you for your kind support  
and for subscribing to our page!

<https://www.facebook.com/oklahomas.nursingtimes>

**Oklahoma's  
Nursing Times**



### Home Care Assistance is Committed to Senior Safety



Summer heat can be dangerous for older adults, especially if they are alone with no help. If you can't be there as often as needed, let Home Care Assistance help. Our services include comprehensive personal care and assistance, including:

- Preparing healthy, refreshing meals
- Ensuring good hydration
- Dressing your loved one in summer-appropriate attire
- Monitoring stability, symptoms, and medications

Free Smoothie Recipe Book with in-home  
Care Consultation!



Call Today  
**405-285-4191**  
[HomeCareAssistanceOklahoma.com](http://HomeCareAssistanceOklahoma.com)



# THANK YOU!

Thanks to our **more than 30,000 donors that stepped up** in a challenging economic environment and generously donated to our 2017 campaign. We are so thankful for the community support and special thanks to the companies listed below and their employees for being our largest supporters. These companies, along with many other companies and individuals, are making a big difference in our community via their support for the United Way of Central Oklahoma.



## TOP 20 CAMPAIGNS

### LARGE BUSINESS CONTRIBUTORS (250+ EMPLOYEES)

Devon Energy Corporation  
Chesapeake Energy Corporation  
OGE Energy Corp.  
Love's Travel Stops & Country Stores, Inc.  
American Fidelity  
MidFirst Bank  
INTEGRIS Health

The Chickasaw Nation  
Bank of Oklahoma  
Enable Midstream Partners  
BancFirst  
The Oklahoman Media Company  
Oklahoma Natural Gas, A Division of ONE Gas  
SONIC, America's Drive-In

Cox Communications  
UPS  
Continental Resources  
7-Eleven Stores  
AT&T  
CompSource Mutual Insurance Company

### MEDIUM BUSINESS CONTRIBUTORS (50-249 EMPLOYEES)

Ascent Resources  
BC Clark Jewelers  
Tapstone Energy, LLC  
Enterprise Rent-A-Car  
Ackerman McQueen  
First Fidelity Bank  
White Star Petroleum, LLC

Ernst & Young LLP  
Mustang Fuel Corporation  
Clements Foods Company  
LSB Industries, Inc.  
Hall Capital/Fred Jones  
Bank SNB  
Tronox LLC

INSURICA  
Blue Cross and Blue Shield of Oklahoma  
KPMG LLP  
The Greater Oklahoma City Chamber  
XTO Energy Inc  
Guernsey

### SMALL BUSINESS CONTRIBUTORS (<49 EMPLOYEES)

E.L. and Thelma Gaylord Foundation  
Kirkpatrick Family Fund  
EnCap Flatrock Midstream  
Presbyterian Health Foundation  
Inasmuch Foundation  
Tall Oak Midstream LLC  
Wiggin Properties LLC

MetaFund  
Foundation Medical Staffing  
Cresap Family Foundation  
Walter Duncan Oil  
Valliance Bank  
C S I  
Lippert Bros., Inc.

J. E. Dunn Construction  
First National Bank of Oklahoma  
PACCAR Parts  
Commerce Bank  
Oklahoma Foundation for the Disabled  
Federal Reserve Bank of Kansas City  
Oklahoma City Branch