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HCR ManorCare

Change for the best OHH improves patient outcomes



Denise Bragg, RN and manager of Progressive Coronary Care at Oklahoma Heart Hospital, believes in the OHH vision, she says.

by Mike Lee
Staff Writer

Denise Bragg has stayed with excellence during her career. The registered nurse has been with Oklahoma Heart Hospital since it opened in 2002 just east of

Mercy Hospital in Oklahoma City.

Bragg became a nurse 15 years ago after graduating from the University of Central Oklahoma with a Bachelor of Science in Nursing degree. When she

started at OHH, she was at the bedside as an OCU nurse. Now she manages Progressive Coronary Care.

"I just saw the atmosphere and the environment, the fact that the nurses have a voice, the leadership in the organization and just the vision of what they're trying to do. It's a place I saw myself retiring," Bragg said. "I still love it. It's probably the best place in the world in my opinion."

She oversees a

Oklahoma's Nursing Times

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OHCA employee selected as top 100 nurses for 2015

A registered nurse employed by the Oklahoma Health Care Authority (OHCA), Cindi Bryan, RN, was recently named a "Great 100 Nurse" for 2015 in Oklahoma.

The award "recognizes concern of humanity significant contribution to the profession of nursing and the mentoring of others. You exemplify all of the principles on which the Great 100 Nurses Celebration was founded," the award letter states.



Cindi Bryan, RN

The Great 100 Nurses Celebration was founded 29 years ago in New Orleans. It has since honored thousands of nurses across Louisiana, North Carolina, Texas and recently Oklahoma.

A native of San Jose, Calif., Bryan moved to Oklahoma to attend Oklahoma Christian College, met her husband and stayed in the state to raise a family. She graduated from OSU Technical School in 1978 with an associate degree in nursing and obtained a Bachelor of Science in Nursing in 1990 from St. Mary's of the Plains College.

A nurse for 37 years, Bryan has worked in various areas including labor and delivery, an adolescent psychiatric unit, population care management, a pediatric telephone triage at OU Medical Center, and as a school nurse and a Tissue Donor Coordinator.

"The Oklahoma Health Care Authority is proud of Cindi and her contributions to our agency, members and the nursing profession. Her dedication and passion for

See BRYAN Page 5

See BRAGG Page 3

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Business Viewpoint: Develop a game plan to make the most of your career

By DENISE GEUDER

As a child I was interested in the field of medicine and was greatly influenced by my caring pediatrician.

During high school I worked as a candy-striper for three years at our local hospital in New Jersey where I grew up. While there, I loved seeing the compassion I witnessed and the interactions between nurses and patients. That led to my interest in nursing.

Oral Roberts University was one of the colleges I visited before my senior year and I had the opportunity to meet the dean of the school of nursing. From that moment on, my career was determined.

Even after working in nursing for 35 years, I am still passionate about telling young people why it's such a great career. First, it has countless avenues you can take and allows for a flexible working schedule. From part-time to full-time options, nursing gives you the opportunity to move in and

out as you need to for your family.

There are multiple departments to work in from birthing units to end-of-life positions, being an educator, floor nurse, advanced practice nurse, etc. Numerous work settings also exist for nurses besides the traditional hospital or clinic setting, such as in the community, at a university, a school or even in the legal arena.

As in any career field, you need a game plan to make the most of it. Early on, I was given the opportunity to enter into leadership. One of the greatest challenges for me was maintaining a respectable work-life balance while raising a family. Here are the five key lessons I've learned:

1. Early in your career find a mentor who you admire and respect. Meet with him/her regularly for advice. You may have to seek out this person but it will be worth it. My mentor had a good work-life balance and I still carry her guidance with me to this day.

2. Decide what your priorities are and live accordingly. My family has always been a big part of my life, so anytime I was about to make a change in my career path, I considered how my family might potentially be impacted and I made sure they were on board with it.

3. Set yourself up for success. Whether obtaining an advanced degree, taking on projects outside your scope, volunteering in the community, etc. Everything you do beyond your main

responsibilities will provide valuable learning and leadership opportunities that may not exist in your current role.

4. Take risks. Don't put yourself in a box. You never know how far you can go until you take a risk. For example, at one point I was asked to take a turn in my career. I mapped out a plan that included taking on new responsibilities and keeping the current ones I enjoyed and wasn't ready to give up. This was the key elevation point for me to eventually secure a VP position.

5. Take care of yourself. Research solidifies the benefits of exercise, eating healthy and getting adequate sleep, not just for our own health but for those around us. How can we properly care for patients when we aren't feeling well?

Nursing can be a challenging field at times, but keeping the patient as my core motivation has led to countless lessons beyond the hospital. Life is a gift and patients should be treated with compassion. I learned that long ago and still embrace it today by providing our Mother Standard of care philosophy caring for patients just as you would a loved one.

I still enjoy the career I began long ago and I hope many others will too.

Denise Geuder RN, MS, CNOR is vice president of Patient Care Services at Cancer Treatment Centers of America in Tulsa.

This Column was originally published in the Tulsa World August 27th, 2015.

St. Anthony Welcomes Michelle Ellenburg, Nurse Practitioner

St. Anthony Hospital is pleased to welcome Michelle Ellenburg, M.S.N., R.N., to the practice of St. Anthony Physicians Group Internal Medicine & Family Practice Midtown.

Ellenburg received her nursing degree from Oklahoma City University. She then completed a Master of Science, Family Nurse Practitioner Program, at the University of Oklahoma Health Sciences Center.

St. Anthony Physicians Internal Medicine & Family Practice Midtown is located at 608 N.W. 9th St., Suite 4106, in Oklahoma City. The clinic is open Monday-Friday 8 a.m. to 4 p.m., to make an appointment call 405-272-5433.



Michelle Ellenburg, Nurse Practitioner

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BRAGG

Continued from Page 1

56-bed Inpatient Unit, 27 beds in the Day Patient area and the Outpatient Cardiac Rehab Center and the Inpatient Cardiac Rehab and the Conierge.

The impatient unit takes any patient that is not critical or having a vascular procedure. They may start in the impatient area, wind up in surgery and go to a different area of the hospital. Most of OHH patients will come through one of these areas during their time in the hospital.

"We take cardiac patients that had a heart attack, patients we are treating medically for heart conditions, congestive heart failure, cath patients and procedural patients that have been to cath lab, people who have gotten pace makers, have had ablation studies and that sort of thing," Bragg said.

There is a 1 to 4 nurse to patient ratio in her area that functions like a step down unit with telemetry. Every patient is monitored. "We do a majority of admissions from the hospital as far as a in-patient area goes," Bragg said.

Heart recovery is what captured

her imagination to stay in her field of nursing. Her original goal was to become a nurse anesthetist. But she decided to stay in management because she feels that OHH is the place that makes a difference in patients' lives.

"I think we continue to do that. I think the quality and the environment that we offer nursing is outstanding," she said. Bragg liked seeing patients get better in open heart recovery.

"They have a couple of bumpy days after that, but you love seeing that recovery taking place," Bragg said.

The hospital was designed in a way to reflect the needs of patients, physicians and family members. Its configuration was designed efficiently with patient comfort in mind.

"We're nearly 14 years old and I think the design has held up pretty well," Bragg said. "We're the first hospital in the Oklahoma City area to not limit visitation in the critical care. Families have always been allowed to be at the bedside with the patient."

OHH pioneered the use of the electronic medical record. This experience was difficult but intriguing, but Bragg wouldn't trade the experience for the world, she said.

"It helps us with our patient care. I think it helps us with safety," she said.

The hospital's design serves as a convenience for the clinical team so they can care for their patients without having to leave the area," she said. "We don't have a lot of support services. The nurse is responsible for doing a lot of that care at the bedside. So I think that enhances, patient safety, patient care, patient satisfaction. It leaves it in the nurses' hands."

Nurses do their own lab work and EKGs and know when to expect those test results back. This makes the care highly efficient, Bragg said of the physicians' vision when they designed a state-of-the-art hospital setting.

"Leadership has been very supportive of the vision," Bragg said. "They had a vision of having a lot of staff at the bedside to take care of the patients"

Leadership provided the staff with the equipment, tools and the voice to make changes, she said. They are empowered to keep up with what is changing in an ever changing world, Bragg said.

Cuts have been made, but not at the bedside. Cuts have been made in

contracts to be consistent in what is ordered.

"So I think it's just an amazing place. I think the staffing ration and the team really has a voice -- the fact that they are treated as part of a team -- that sort of environment that if you see something and you think it can be made better, it gets addressed," Bragg said.

Bragg also takes good care of herself. She likes to read and run her fitness center, she considers a hobby along with being outdoors.

I love my work. I like being a nurse," she said.

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

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CAREERS IN NURSING

REACHING FOR HUMANITY: OFFERING UNDERSTANDING AND COMPASSION

by James Coburn - Writer/Photographer

Gayla Roberts said her experience with long-term care and home health prepared her for the hospice world.

"But then again, I think it's a God given talent. But then again it just came natural," said Roberts, LPN, Humanity Hospice, located in Oklahoma City.

Roberts has been with Humanity Hospice since January of this year. When Keisha Jackson's life-long dream of starting her own hospice came to fruition, a team of hospice professionals who have worked together since 2006 joined her at Humanity Hospice.

"She hand-picked who she wanted to be on her hospice team," Roberts said. "I was really quite honored to be asked."

Roberts has been a hospice nurse since 2006. She has 20 years of experience as a civil service employee. She had always wanted to become a nurse since high school. When she was 37, she quit her government job and went to school

at Gordon Cooper Technology Center in Shawnee.

Roberts started her career at Parkland Manor in Prague. She moved to Edmond in 2003. Her first job in the metro area was director of assisted living before working in home health.

"There's certain nurses that are better at one kind of nursing than another," she continued. Roberts cannot imagine doing anything else.

"I had a nurse that had a daughter that was in a NICU unit. She stood at the bedside and just balled her eyes out," Roberts recalled. "She said, 'Gayla I don't know how you do this.' I said, 'Honey there is no way I could do your job.'"

Hospice is for families. Being there with a dying patient brings a myriad of emotions. Sadness, peacefulness and a completion. Roberts develops a relationship with them as a second family. Roberts

has become very attached to some of them, she said.

"It's such an honor to be there," Roberts said. "It's like you're the last person who touched this patient. I do pretty good until I go to the funerals afterwards. When you go to the funerals afterwards, you see the families and they are so appreciative of the services that you provided."

Being a hospice nurse means attending to mind, body and spirit as part of life. Roberts also does things to enrich her own life when she is not working. She likes to garden and shop.

"I have six grandkids and spend a lot of time with them," Roberts said. "You have to find a break during the day for yourself, especially if you've had a stressful day. And this bunch here, if you've had an exasperating day, you can come in here. You can laugh; you can cry. We just love each other."

Kay Cole is a social worker,

and she's part of the circle of care at Humanity Hospice. She was the first employee, other than owner Keisha Jackson who came on board when the hospice opened in April of 2014.

"In terms of social work and hospice, we do a little bit of everything," Cole said. "A lot of it is grief counseling, readying the patient and family for death, helping them meet their spiritual and emotional needs"

Cole helps to facilitate the advanced directives, but the majority of her work is grief counseling, she said. For some families, the thought of a loved one dying is a sudden ordeal to deal with. It's difficult.

"Knowing that it's coming doesn't necessarily make it easier," Cole said.

"I think the grieving process is the same whether it's an event or a long-standing event. The difference is when the patient is slowly passing, we have more time to meet the family's emotional needs and spiritual



I had my first heart surgery at only five days old. A defective heart valve limited my activity as I grew, and it was tough because I wasn't allowed to do what I wanted to do. I wasn't able to play sports which I loved. A heart valve transplant changed my life. I can do anything that I want to now. I don't know anything about my donor, but I am so grateful. The donor's family made a lifesaving decision and gave me my life back.

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Gayla Roberts, LPN; and Kay Cole, social worker; help families and their loved ones prepare for their final journey together in life and the transition beyond this life.

needs in getting them ready to go on that journey."

She works very closely with the nursing staff. They all share the same attitude that Roberts has in terms of death and dying, Roberts said. They all have the same deep desire to make sure that it a positive event for the family and the patient.

"The nurses, I have so much respect for them. They do things I

couldn't do," Roberts said. "And these nurses I work with have worked with social workers in the past, and they really know when to utilize a social worker instead of trying to do it all on their own."

Cole views every death she has experienced as a positive experience. Families become accepting, she said. And it reinforces her desire to be part of that process.

BRYAN

Continued from Page 1

nursing are a great example to us all," said OHCA Chief Executive Officer Nico Gomez.

Employed by the OHCA since August 2009, Bryan started as an Exceptional Needs Coordinator then moved into a position with the Health Management Program, which manages the care for SoonerCare members with chronic conditions. During her tenure with the agency, she learned about and has become a champion for motivational interviewing (MI).

"The 'Spirit' of MI really resonated with me and I fell in love with it. The 'Spirit' of MI consists of partnering with

patients, accepting the patient's inherent worth and respecting their autonomy to change or not. Also, its showing compassion by putting the patient's needs before my own and evoking for the patient their own reasons to change," Bryan said.

In an effort to develop MI proficiency, she has pursued and earned a Chronic Care Professional Certification from Health Sciences Institute and obtained Registered Health Coach III certification. She became a member of the Motivational Interviewing Network of Trainers in 2014.

Bryan will be recognized during an award celebration at the Hard Rock Hotel in Tulsa on September 30.

Oklahoma Institute for Child Advocacy Names Treba Shyers as 2015 Laura Choate Resilience Award Honoree

Shyers to be Honored at 2015 Oklahoma Kids Count Conference

The Laura Choate Resilience Award will be presented at the 2015 Oklahoma Kids Count Conference, sponsored by the Oklahoma Institute for Child Advocacy (OICA) and Sunbeam Family Services.

This year's recipient, Treba Shyers, is an advocate for children in the foster care system, serving as dually adjudication and post adjudication review board coordinator for the Tulsa County Juvenile Bureau. As a former foster child, Treba is committed to providing appropriate solutions for foster children and supporting them even after they age out of the system. Treba has overcome trauma and depression, experienced as a result of her time in foster care, to work for the betterment of the lives of Oklahoma children.

"Treba Shyers' life story is a perfect example of resilience," said Terry Smith, OICA director. "She recovered from a difficult childhood living in multiple foster homes to now being a passionate advocate for children in the child welfare and juvenile justice systems. She truly cares about these children and is more than worthy of this award."

The Laura Choate Resilience Award was created to celebrate individuals who have been significantly impacted by adverse childhood experiences but have overcome obstacles, made a lasting contribution to the lives of young people, exhibit bravery and demonstrate dedication to fostering resilience in youth.

The award is named for Laura Choate, a lifelong advocate for Oklahoma children and the first recipient of the Resilience Award. Laura has worked with the OICA to reform the state's child welfare and juvenile justice system to better serve and protect Oklahoma children. As a youth, Choate was a plaintiff in a class-action lawsuit that resulted in effective changes to Oklahoma's juvenile justice system and was used as a model by many other states to establish higher standards.

The Oklahoma Kids Count Conference provides training to improve the lives of Oklahoma children and discuss issues impacting them. Topics at this year's conference include: foster parent training, early childhood development, mental health, substance abuse, family preservation and poverty. The conference will be hosted September 9-10 at the University of Central Oklahoma. To register for the conference, visit <http://oica.org/oklahoma-kids-count-conference/>.



Danielle White, M.S.N., R.N.

St. Anthony Welcomes Danielle White, Nurse Practitioner

St. Anthony Hospital is pleased to welcome Danielle White, M.S.N., R.N., to the practice of St. Anthony Physicians Group Family Medicine Norman.

White received her nursing degree from the University of Connecticut. She then completed a Master of Science, Family Nurse Practitioner Program, at the University of Oklahoma Health Sciences Center.

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We are also taking applications for certified HHA's / Aides. We offer a competitive salary and great benefits. Send your resume to fax #918-551-6890. 1515 E 71st St SUITE 100. Tulsa, OK 74136. EOE

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204 REGISTERED NURSE

Registered Nurse Case Manager!

Cypress Home Care of Hugo, OK, is accepting applications for an RN Case Manager! \$1000.00 Sign On Bonus! We are on the GROW! Apply in person-complete an application at: 2816 E. Jackson St. Suite. B-Hugo, OK 74743. 580-317-9333.

We are seeking a Registered Nurse who wants to experience a difference in their life while making a difference in the lives of others.

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Senior receives Oklahoma crown

By Mike Lee, Staff Writer

The last 10 years have been packed with life's worst and best for Katrina Bright Cochran, Ph. D.

She's fought Cancer twice.

She's nearly lost her faith and turned around to find it stronger than ever.

In the meantime she's found the love of her life – someone who finally values her for the person she is and the person she's becoming.

And most recently, Katrina Cochran was blown away when she heard her name called as the 2015 Ms. Senior America Oklahoma winner.

"That was an absolutely huge and wonderful surprise," Cochran said. "I was just blown away. I'm a very spiritually-based person and use a lot of spiritual language and in all reality the entire process was part of a divine plan of God."

Looking back, Cochran admits seeing the hand of God during her life. She's grown to realize that she has purpose beyond what she imagined.

Cochran accepted her crown as hundreds looked on at the Rose State Performing Arts Center earlier this summer.

It was a mix of emotions but gratitude was a big one. She saw it as yet another calling, and this one excited her.

Thyroid Cancer came calling in 2008. Breast Cancer found her in 2013.

Complications with Breast Cancer landed her in the hospital after her immune system was so compromised that bronchitis handed off to pneumonia.

With an oxygen saturation hovering around 85 percent her body was slowly being starved of air in January 2014.

"CJ Judd was the respiratory therapist on call that night," Cochran remembers. "She came into the room and stood by my bed and worked on keeping me breathing and alive until four in the morning."

Cue the divine intervention because Judd has directed the Ms. Senior America Oklahoma Pageant the past few years. She specializes in finding amazing women in the

community and then convincing them to share their wisdom and inner beauty with the rest of the world.

"You've got to be part of our pageant and tell your story," Cochran remembered Judd saying. "I said to myself 'how can I say No to someone who just saved my life.'"

So Cochran signed up for the pageant in 2014.

A severe reaction to surgery landed her in the hospital again on the eve of the pageant. Emergency surgery to stop a MRSA infection was the cause this time.

Cochran has been in the medical field with Mercy Health since 1988 when she joined as a clinical psychologist. She has stayed in private practice within the Mercy complex until today.

"I could have died twice in 2014," Cochran said. "I decided God is not ready to call me home yet and he still has a plan for my life and I still have things to do."

Plans with husband, Norman, whom she married nearly 12 years ago.

"He has just been incredibly supportive," Cochran said. "He is truly my lifemate. It took me 55 years to grow up and mature enough to understand what it meant to be a wife. He is absolutely my rock and foundation."

As a child of the 1940s, Cochran said the career path laid out for her by society was one of housewife. Getting a Ph. D and becoming the first woman to ever hold a hospital chair in her field was not a norm.

"Most of the men that were born in the 1940s found my professional and financial success pretty threatening," she said. "My husband is a musician. He knows what it means to have a gig. He's proud of me and says he feels enhanced."

"I was sold on that one."

A partnership with the Salvation Army will keep her involved in the group's women's ministry will keep her in front of senior women at the organization's meetings.

She's consulted with the group for the past 12 years.



Katrina Bright Cochran, Ph. D, 67, plans to get in front of as many people as she can over the next year to spread her message as the new Ms. Senior America Oklahoma. Photo provided by Melissa Cosper/DCmgmt Creative Consulting.

On a professional level, Cochran is in the middle of closing her practice which she hopes to have done by November 30.

Goal setting and living in the moment will be Cochran's message as she travels the state this year to fulfill her duties.

The UCO graduate will be at the UCO Homecoming parade later this fall. Before that she will counsel parents of incoming UCO students.

And as she sees it, it's all part of a great big plan that she's learned to hang on to.

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Clinical Nurse Specialists Week September 1-7

Clinical Nurse Specialists (CNS) are advanced practice nurses who play a unique and important role in ensuring that patients receive high quality care based on the best and most recent research evidence. Their contributions to improving health care and health care delivery will be celebrated during the seventh annual National CNS Recognition Week, September 1 - 7.

CNSs provide interprofessional, system-wide leadership. They create, monitor and evaluate cost-effective, evidence-based policies, procedures, protocols and best practice models.

There are approximately 72,000 CNSs nationwide. The National Association of Clinical Nurse Specialists (NACNS) established National CNS Recognition Week in 2009 to commemorate the contributions of Hildegard Peplau to nursing and health care. Born in 1909, Dr. Peplau was a prominent nursing theorist whose landmark book, *Interpersonal Relations in Nursing*, emphasized the nurse-client relationship as the foundation for nursing practice and today serves as the basis of the CNS role in health care.



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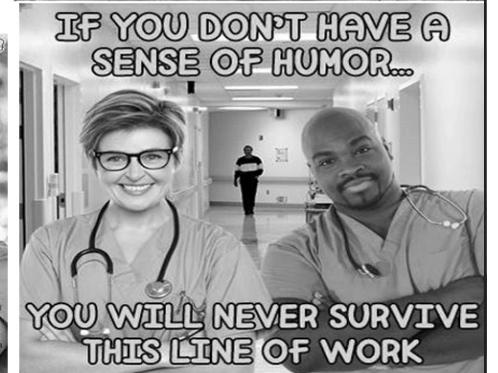
I guess it's true that everyone is trying to get into nursing these days...



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405-440-2440

Autumn Light Hospice:

580-252-1266

Carter Healthcare & Hospice:

OKC - Adam Colvin, Vol. Coordinator,
405-947-7705, ext. 134; Tulsa - Mike
Gregory, Vol. Coordinator,
918-425-4000, ext. 114

Centennial Hospice:

Becky Johnson, Bereavement
Coordinator 405-562-1211

Chisholm Trail Hospice:

Tiffany Thorne, Vol. Coordinator,
580-251-8764

Choice Home Health & Hospice:

405-879-3470

City Hospice:

Beth Huntley, Vol. Coordinator,
405-942-8999

Comforting Hands Hospice:

Bartlesville: 918-331-0003

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Compassionate Care Hospice:

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Cornerstone Hospice:

Vicky Herrington, Vol. Coordinator,

918-641-5192

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Robin Boatman, Com. Relations, Broken
Arrow: 918-251-6441; Muskogee:
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Crossroads Hospice:

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405-632-9631

Cross Timbers Hospice:

Ardmore-800-498-0655
Davis-580-369-5335 Volunteer
Coordinator-Shelly Murray

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Faith Hospice of OKC:

Charlene Kilgore, Vol. Coordinator,
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Freedom Hospice:

Tulsa: 918-493-4930; Claremore:
918-343-0493; Tollfree: 866-476-7425

Frontier Hospice: Kelly Morris, Vol.

Coordinator, 405-789-2913

Full Life Hospice:

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405-418-2659

Golden Age Hospice: 405-735-5121

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4350 Will Rogers Parkway Suite 400
OKC OK 73108 405-943-0903

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Sharon Doty, Dir of Spec. Projects -
Tulsa 918-744-7223

Harbor Light Hospice:

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73107 405-949-1200

Horizon Hospice:

LaDonna Rhodes, Vol. Coordinator,
918-473-0505

Heartland Hospice:

Shawnee: Vol. Coor. Karen Cleveland,
405-214-6442; Norman: Vol. Coor. Lisa
Veauchamp, 405-579-8565

Heavenly Hospice:

Julie Myers, Coordinator 405-701-2536

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918-342-1222, Sapulpa: 918-224-7403

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INTEGRIS Hospice House Ruth Ann
Frick, Vol. Coordinator, 405-848-8884

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877-274-0333

Hospice of the Cherokee:

918-458-5080

Humanity Hospice:

Kay Cole, Vol. Coordinator
405-418-2530

InFINITY Care of Tulsa:

Spencer Brazeal, Vol. Director,
918-392-0800

Indian Territory Home Health & Hospice: 1-866-279-3975

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Christy Coppenbarger, RN, Executive
Director. 405-842-0171

LifeSpring In-Home Care Network:

Terry Boston, Volunteer and
Bereavement Coordinator 405-801-3768

LifeLine Hospice:

April Moon, RN Clinical Coordinator
405-222-2051

Mays Hospice Care, Inc.

OKC Metro, 405-631-3577; Shawnee,
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McCortney Family Hospice

OKC/Norman metro 405-360-2400
Ada, 580-332-6900 Staci Elder Hensley,
volunteer coordinator

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Coordinator, Lawton: (580) 248-1405

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Audrey McCraw, Admin. 918-236-4866

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Russell Murray Hospice:

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Sequoyah Memorial Hospice:

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Coordinator, 918-774-1171

Sojourn Hospice:

Tammy Harvey, Vol. Manager
918-492-8799

Sooner Hospice, LLC:

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405-608-0555

Tranquility Hospice:

Kelly Taylor, Volunteer Coordinator
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Valir Hospice Care:

Dee Fairchild , Vol. Manager OKC Metro:
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Shawnee/Cushing: 405.258.2333 Toll
Free: 888.901.6334

Woodard Regional Hospice

580-254-9275 Cathy Poe, RN Director



**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. Is anyone concerned about the changes we are seeing in our society? Everyday it appears something that was once considered taboo is now in our living rooms. What do we do?

A. "A lie doesn't become truth, wrong doesn't become right and evil doesn't become good, just because it's accepted by a majority."
author unknown

Are there downsides to normalizing everything?

Please don't tell me that one day no one will be shocked by the parent who leaves their child strapped in their car seat and returns 8 hours later to find a dead child.

(Reason: busy parent with too much on their mind, late for important meeting, etc. And numbers are growing) **NO ONE SHOULD HAVE A CHILD IF THEY DON'T REMEMBER THAT THEY ARE IN THE CAR SEAT!!!!!!**

Please don't tell me that some women who need a man so bad will turn the other way when their daughter is being molested by "their" man.

(Reason: woman does not want to be alone, man more important than daughter, believes its not that big of a deal) **THERE IS NEVER A REASON A WOMAN DOES NOT PROTECT HER CHILD!!!!!!**

Please don't tell me that junior and senior high school students can have a cell phone day. No they can't. The cell phones need to be turned off during class - in back packs or lockers.

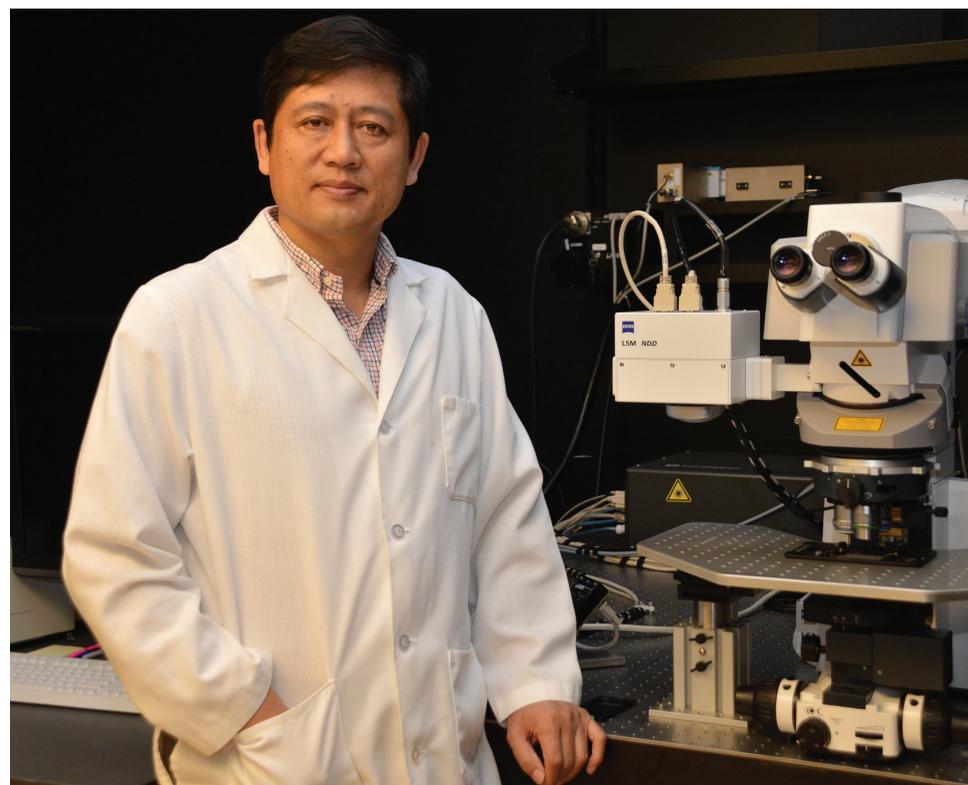
(Reason: could be a fun raiser for the school, how are you going to get some kids to put them away. The student says, " when my work is done why can't i text my friends." **NO CELL PHONES DURING CLASS!!!!!!**

Please don't tell me that family's will no longer eat meals together because dad is in front of the computer, mom is texting on her phone and the kids are playing video games or the children are so over scheduled with extra curricular activities that there is no time.

(Reason: our lives are so busy, you don't understand, easier to get fast food.) **IT IS IMPORTANT THAT FAMILY'S FREQUENTLY EAT A MEAL TOGETHER**

So you get the idea. This list could go on and on. This is only the tip of a very, very large iceberg. What is happening to the moral and ethical integrity of our society. If you haven't thought about it maybe now is a good time. Are there any changes you could make?

OMRF researcher receives grant to study blood vessel development in the brain



Oklahoma Medical Research Foundation Scientist Lijun Xia, Ph.D.

An Oklahoma Medical Research Foundation scientist has been awarded a five-year, \$1.8 million National Institutes of Health grant to study a specific glycoprotein that has proved crucial in healthy blood vessel development in the brain.

Research scientist Lijun Xia, M.D., Ph.D., was awarded a grant to investigate how this protein, called podoplanin, assists with healthy blood vessel development and structure to prevent bleeding.

Despite making up only 2 percent of our total body weight, the brain receives 15-20 percent of the body's total blood to supply ample nutrients and oxygen. To function properly, the brain must develop a sophisticated blood vessel system. This also makes it ideal for study.

"The brain is very sensitive to oxygen deficiency and bleeding," said Xia, who holds the Merrick Foundation Chair in Biomedical Research at OMRF. "This organ has the richest vessel network in our body, and that vessel network needs to develop in a regulated order to function properly."

Xia's lab at OMRF discovered that podoplanin was highly expressed during blood vessel development in the brains of mouse embryos. Interestingly, these high podoplanin levels were uniquely made in the brain, while hardly at all in other organs.

When the podoplanin was deleted, the mice developed defective vessels and also suffered from significant brain bleeding.

"This shows that podoplanin is essential to the proper development of the brain's vessels," said Xia. "Without it, the vessel doesn't develop well, and its structure is poor and leaky. Podoplanin clearly is paramount for healthy vessel function in the brain."

That discovery, said Xia, ultimately led to the grant award, but he is also looking into how podoplanin controls this development and prevents leakage. The answers, said Xia, could have an impact in two key areas.

The first relates to germinal matrix-intraventricular hemorrhage,

See OMRF next page



NURSE + TALK

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Do you have any pets? Why or why not? Mercy Hospital, Watonga, OK

"Yes, I love dogs."



Elisabeth Ruhl, RN

"No, not at the moment. My work hours don't allow for time to spend with a pet."



Teresa McLemore
Supervisor

Each week we visit with health care professionals throughout the Metro



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"Yes, I have a Boston Terrier and I love caring for her."



Tanya Payne
Case Manager

"I have several pets, 5 dogs. Why? Because I love dogs and they love me back! We are always happy to see each other. Their eyes tell everything!"



Deena Ridenhour,
RN

OMRF

Continued from Page 10

or GMH-IVH, which affects nearly 35 percent of all prematurely born babies. Due to a variety of reasons associated with premature birth, a high number of newborns are at risk for severe brain bleeding that leads to detrimental consequences such as cerebral palsy, seizures, paralysis or mental retardation.

"We believe our research can help in developing therapies for this condition, which is a significant healthcare issue," said Xia. "Understanding podoplanin's role could lead to ways to prevent it, which would be a real advancement in patient care."

The other application occurs far further down the human timeline.

Podoplanin is also expressed in the brain after birth, but Xia said preliminary data suggest that after birth, this molecule normally does nothing in a healthy adult. But when people age and start to have vessel problems, they can become more prone to stroke. That's when this protein becomes important again.

"In a stroke model, mice without this molecule developed more

significant bleeding damage because the stroke caused vessel leakage," said Xia. "Severe consequences like this illustrate the molecule's importance."

By learning more about the contribution of this molecule to the blood-vessel development process, Xia said scientists can better understand how to control complications when strokes occur, limit brain bleeding afterward and also potentially reduce the risk of strokes before they happen.

"It's a project with potentially significant implications for detrimental conditions brought on by this bleeding or leakage and poor vessel structure in the developing brain, as well as the aging brain," he said.

The grant, number 1R01HD083418-01, was awarded by the National Institutes of Health and supported by the Eunice Kennedy Shriver National Institute of Child Health and Human Development.



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