

# Oklahoma's NURSING TIMES

August 8, 2016

Vol. 17 Issue 32

Information for the Oklahoma Nursing & Health Care Professional

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

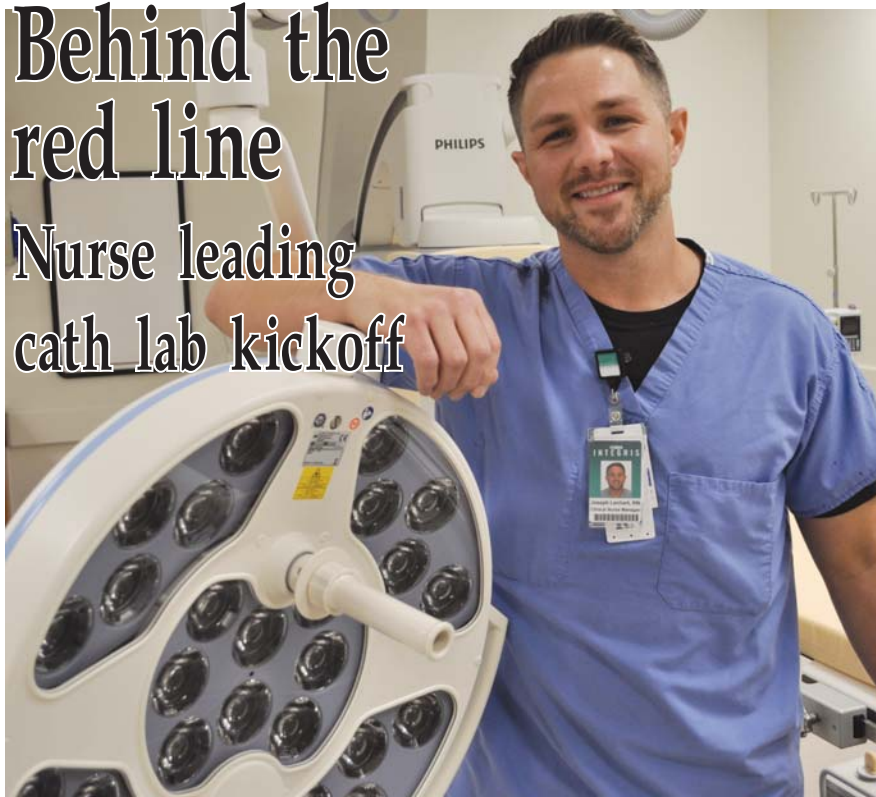
## Recruiter Showcase



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## Behind the red line

### Nurse leading cath lab kickoff



Joseph Lenhart, RN, BSN, has been tasked with coordinating Integris Canadian Valley Hospital's cath lab.

by Bobby Anderson,  
Staff Writer

Big things are on the horizon for Western Oklahoma when it comes to cardiovascular care.

And Joseph Lenhart, RN,

BSN is right in the thick of it all.

Lenhart joined Integris in April and was onboarded with Integris Canadian Valley Hospital to start up the hospital's cath lab service offerings.

"Hopefully by the end of summer we can start taking the STEMIs and acute MI's from EMSA from hopefully Western Oklahoma," Lenhart said.

It's a major endeavor for the hospital and one that is taking massive amounts of Lenhart's time.

"The focus for me is just even though we're a startup that we're delivering a really high standard of care," he said. "We're trying to get everyone's experience

## Healthy returns

### RN encourages her patients to a healthy life



Sharon Hardesty, RN, and a certified cardiovascular rehab nurse at the Oklahoma Heart Hospital in northwest Oklahoma City, enjoys her thriving career among her patients.

story and photo by James Coburn, Staff Writer

Learning to make changes in diet and even mental changes to reduce stress helps patients feel so much better, said Sharon Hardesty, RN, and a certified cardiovascular rehab nurse at the Oklahoma Heart Hospital in northwest Oklahoma City. Her focus is the Outpatient Cardio Rehab Center.

The Outpatient Cardio Rehab Center is full of energy. It radiates among the patients with encouragement as well as the helpful staff.

"I think it can be exciting. We can really help our

See HEALTHY Page 2

See CATH Page 3

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## HEALTHY

Continued from Page 1

She followed her heart in a career that has been rewarding and also provided rewards to her patients. Each patient she works with has a goal of reaching their personal best. Hardesty's compassion

So many of the patients have graduated from the program and come back feeling comfortable and relaxed. They like being close to their physicians and they know if anything happens, OHH will be there to help them.

"Patients respect that and they love that about us," she said. "But we're proud to work here because we all have the same goals."

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## CATH

Continued from Page 1

and allowing everybody to transfer it here. We want to identify what everyone is bringing to the table. We have a lot of people from other cath labs with experience."

Lenhart admits cath lab workers are a special breed. And Integris Canadian Valley has been drawing them from all over.

"Just how much of your life you're on call and the fact that you spend a lot of your after-hours life with work people after emergencies," Lenhart said of the reason why cath lab personnel get close. "There's quite a bit of buy-in. People are pretty invested in the whole process which is kind of neat when you set stuff up because everybody kind of knows what they've seen and what works best from different areas."

That's been one of the best parts for Lenhart, who is working on meshing staff together and finding out what worked for them in their previous settings.

And having the Integris backing has made it all the easier.

"For them they've been working on it for years as far as the planning with the equipment and

kind of evaluating the market," he said. "There's been a lot of different ends you have to put together from equipment to coordinating staff and coordinating doctors and then also kind of getting the community's participation as far as what's going to be taking place."

Cath lab patients can trend to very high acuity. Even simple procedures can become quite complex quickly. Everything must be in place to handle whatever comes up.

Lenhart graduated from nursing school in 2004 and spent his first year in pediatric intensive care in Tulsa before digging into his cath lab training.

He's been there ever since.

"It's a gratifying area to work in especially with the STEMI's and MI's you see immediate results," he said. "You can have somebody who's on death's door and hopefully by the end of the case pain is relieved and ST's are going down. They're feeling better from this crushing pain that's worse than anything they've ever had before."

"That's cool to be able to impact someone at that time."

Beyond the lab a lot of patients deal with coronary artery disease or peripheral artery disease.

**"Oklahoma City is definitely a bigger market because of how wide the metro is. You've got Norman, Midwest City and so many other hospitals in this market compared to Tulsa which I felt was a little smaller." Joseph Lenhart, RN, BSN**

It's one patient at a time, something Lenhart really gets behind.

Growing up in Tulsa, nursing entered the picture for Lenhart when he was diagnosed as a Type I diabetic at 18. He spent a lot of time in the hospital that year.

"After that I guess I just saw the impact those people that I dealt with had on my life," he said.

The Tulsa boy is now in Yukon. It's been a bit of a change but he's had his cath lab family to help him along.

"It's the same processes," he said with a laugh. "Oklahoma City is definitely a bigger market because of how wide the metro is. You've got Norman, Midwest City and so many other hospitals in this market compared to Tulsa which I felt was a little smaller."

Lenhart is trying to prep the staff for what is about to come. Once the

ICVH lab opens up so should a flood of patients from the entire western side of the state.

"I would hope that by being here we would get people before they get a little sicker," he said. "As far as (something happening) in the field we could shave 30 minutes what they would have to do if they had to keep going east," he said. "The goal would be to serve the community and get care to them faster. I think it's better for people if you have to have a stress test or a cath I feel the closer to home you are with that stuff it's just easier."

"It's more comfortable and feels safer for people to be closer to the hospital it's performed."



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# Easter Seals pioneering adult day health

by Bobby Anderson - Writer/Photographer

What do eight-year-old kids and 80-year-old seniors have in common? Turns out quite a lot.

Thanks to a unique Easter Seals program that combines adult day health participants with children both groups are having brighter days.

"It benefits both of them," says Tony Lippe, Easter Seal's assistant program director of adult day health. "It helps the children grow up not to be afraid of older people and those who have a walker or a wheelchair. Children just lighten (the seniors) up."

The Adult Day Health Center provides special care for adults who are unable to care for themselves for extended periods of time in a protective group setting enabling them to maintain or improve their ability to remain independent. The program utilizes music therapy, horticulture, arts and crafts, current events and other programs to help clients maintain a high level of functioning.

With Easter Seals, you are not alone caring for your family member or friend with frail health or disability. Services are medically-based and offer

various levels of care based on the individual needs. A medical professional on staff meets with you to determine the level of care required.

Easter Seals Adult Day Center meets your loved one's physical, social and emotional needs in a safe, home-like setting.

The program uses individual plans of care to provide a variety of health, social, recreational and therapeutic activities. In addition, the center provides supervision, support services and, in some cases, personal care. The program is open to eligible applicants ages 18 and up.

Attached to the day health center is a children's center.

Brittney Ellis serves as the assistant director of programs for the Easter Seals Early Learning and Inclusion Academy.

She says the program is one of only two in the state.

"Everything for a kid is routine so the more we brought them over the more comfortable they became," Ellis said. "They would start to get really excited about seeing them. We

started out just coming over and doing morning exercise but we wanted to delve deeper."

Soon the groups started joining together for art activities. Just recently there was an intergenerational talent show.

"Everything we do we do it together now," Ellis said. "The (seniors) are very helpful. Over the last few months we really kind of rely on each other to get things done."

Connie Henderson serves as the activity coordinator for the Adult Day Center and says the relationship is one that seems to work for everybody.

For the seniors, activities are planned with their individual needs in mind.

"I believe it's my purpose, it's what I tell my department," Henderson said. "It's a purpose because every individual is unique. I believe when you create a program you have to create it to that individual. What I like about Easter Seals is we offer small groups every day and they select where they want to go to."

And seeing the children becomes a

highlight of the day.

"I know for a lot of participants it does a lot for their conditions to just be around the children," Ellis said. "Our overall goal is to be the leading organization for intergenerational (services). We want to lead the charge. There is so much research about the positives for (the seniors) and (for the children)."

Easter Seals Oklahoma Adult Day Health Center is designated as a "Center of Excellence."

It's a distinction not easily earned.

The role of a Center of Excellence is often one of mentor, according to Jed Johnson, Assistant Vice President Adult & Senior Services, Easter Seals America.

"These centers serve as resources for fellow Easter Seals affiliates who are involved in the start-up of a new adult day services site, in the acquisition of a center, or in the performance improvement of an existing program," Johnson said.

Adult Day Health Center Hours of Operation are Monday through Friday, 7:30 a.m. to 5:30 p.m. You can call



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### HOW TO SIGN UP

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**OHAI is a program of the Donald W. Reynolds Department of Geriatric Medicine at the University of Oklahoma College of Medicine and is supported by a grant from the Donald W. Reynolds Foundation.**





Seniors are enjoying spending their days around children at Easter Seals' unique Adult Day Center in Oklahoma City.

(405) 239-2525 for more information.

Private pay or financial Assistance is available through the Department of Human Services, Veterans Administration and Medicaid Advantage Waiver Program.

"What we're trying to do is keep them in their homes and that's what adult days does," Lippe said. "It's a home-like setting.

When the kids come in, it's like when their grandchild came to visit them at home. It's the same."

Together the groups participated in a food drive benefitting the Regional Food Bank of Oklahoma

where donations were collected and dropped off at the charity.

"From my (perspective) it's just automatic joy once they come into the room," Ellis said. "I think they get a sense of the simplicity of being a child again and the laughter. Some of the participants physically can not participate but to just hear the children play brings joy all over them."

Ellis doesn't believe either group is really all that different from the other. Each require some attention, structure and an opportunity to flourish.



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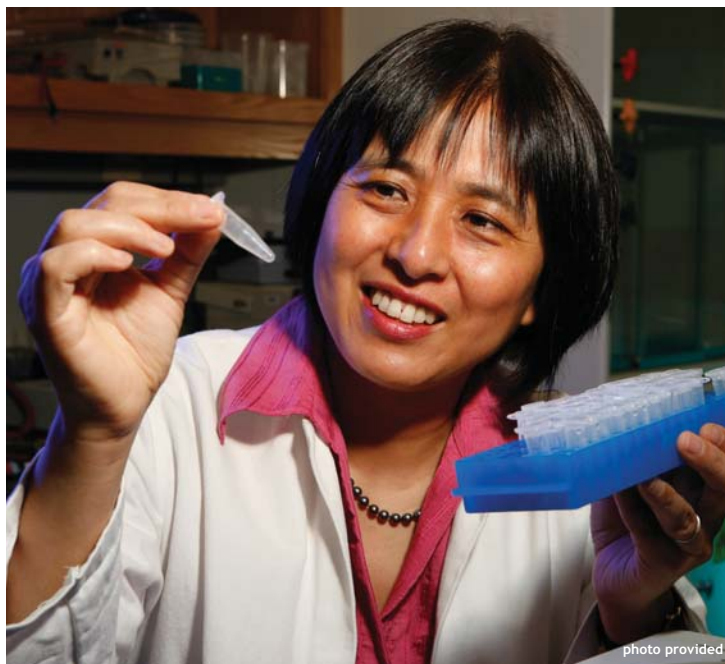
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## New OMRF grant will study immune cell linked to asthma



Oklahoma Medical Research Foundation Scientist Xiao-Hong Sun, Ph.D.

The National Institute of Allergy and Infectious Diseases has awarded Oklahoma Medical Research Foundation scientist Xiao-Hong Sun, Ph.D., a five-year, \$2.76 million grant to investigate a recently discovered immune cell involved in asthma.

The role of the new cell, called an innate lymphoid cell, is to protect the body from parasitic infection. However, when too much of this cell type is present, it seems to result in asthma.

"These cells were previously thought to be made only in bone marrow," said Sun, who holds the Lew and Myra Ward Chair in Biomedical Research at OMRF. "We discovered that they are also made in the thymus, which brings up some interesting connections to asthma."

The thymus, which sits on top of the heart, is a major site for the creation of T cells, a type of specialized white blood cell that plays a central role in immunity. During childhood and through puberty, the thymus generates a lifetime supply

of T cells—enough to carry through adulthood. When the supply of T cells is adequate, the thymus has done its job and begins to shrink.

Sun postulates that innate lymphoid cells are also present in the thymus and might explain why children have higher rates of asthma than adults.

"Since kids have a very active thymus when they're born and up to puberty, they're more likely to have a large number of innate lymphoid cells coming from the thymus along with the T cells," said Sun. "This is also the stage of life where many kids tend to develop asthma. People often say they 'grow out' of asthma as they get older, so maybe it's linked to this later decrease in thymus function. That's what we hope to find out with this grant."

According to the Centers for Disease Control and Prevention, 7.7 percent of people in the United States suffer from asthma. The highest rates

See ASTHMA page 10



## Oklahoma's Nursing Times Hospice Directory

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

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

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

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

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

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

**Comforting Hands Hospice:** Bartlesville:  
918-331-0003

**Companion Hospice:**  
Steve Hickey, Vol. Coordinator, Guthrie:  
405-282-3980; Edmond: 405-341-9751

**Compassionate Care Hospice:** Amy Legare,  
Bereavement/Vol. Coordinator, 405-948-4357

**Cornerstone Hospice:** Vicky Herrington, Vol.  
Coordinator, 918-641-5192

**Crossroads Hospice:** Elizabeth Horn, Vol.  
Coordinator, 405-632-9631

**Cross Timbers Hospice:** Ardmore-  
800-498-0655 Davis-580-369-5335 Volunteer  
Coordinator-Shelly Murray

**Excell Hospice:** Toni K. Cameron, Vol.  
Coordinator 405-631-0521

**Faith Hospice of OKC:** Charlene Kilgore, Vol.  
Coordinator, 405-840-8915

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

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

**Good Shepherd Hospice:** 4350 Will Rogers  
Parkway Suite 400 OKC OK 73108 405-943-0903

**Grace Hospice Foundation:** Sharon Doty, Dir  
of Spec. Projects - Tulsa 918-744-7223

**Harbor Light Hospice:** Randy Pratt, Vol.  
Coordinator, 1009 N Meridian, Oklahoma City, OK  
73107 405-949-1200

**Horizon Hospice:** LaDonna Rhodes, Vol.  
Coordinator, 918-473-0505

**Heartland Hospice:** Shawnee: Vol. Coord. Karen  
Cleveland, 405-214-6442; OKC: Vol. Coord. Tricia  
Woodward, 405-579-8565

**Heavenly Hospice:** Julie Myers, Coordinator  
405-701-2536

**Hope Hospice:** Bartlesville: 918-333-7700,  
Claremore: 918-343-0777 Owasso: 918-272-3060

**Hospice by Loving Care:** Connie McDivitt,  
Vol. Coordinator, 405-872-1515

**Hospice of Green Country:** Tulsa:  
918-747-2273, Claremore: 918-342-1222, Sapulpa:  
918-224-7403

**INTEGRIS Hospice, Inc. & the INTEGRIS  
Hospice House:** Ruth Ann Frick, Vol.  
Coordinator, 405-848-8884

**Hospice of Owasso, Inc.:** Todd A. Robertson,  
Dir. of Marketing, 877-274-0333

**Humanity Hospice:**  
Kay Cole, Vol. Coordinator 405-418-2530

**InFinity Care of Tulsa:** Spencer Brazeal, Vol.  
Director, 918-392-0800

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

**Interim Healthcare Hospice:** 405-848-3555

**Image HealthCare :** 6116 S. Memorial Tulsa,  
Ok. 74133 (918) 622-4799

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

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

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

**Mercy Hospice:** Sandy Schuler, Vol.  
Coordinator, 405-486-8600

**Mission Hospice L.L.C.:** 2525 NW Expressway,  
Ste. 312 OKC, OK 73112 405-848-3779

**Oklahoma Hospice Care:** 405-418-2659  
Jennifer Forrester, Community Relations Director

**One Health Home Health in Tulsa:**  
918-412-7200

**Palliative Hospice:** Janet Lowder, Seminole, &  
Sabrina Johnson, Durant, 800-648-1655

**Physician's Choice Hospice:** Tim Clausing,  
Vol. Coordinator 405-936-9433

**Professional Home Hospice:** Sallisaw:  
877-418-1815; Muskogee: 866-683-9400; Poteau:  
888-647-1378

**PromiseCare Hospice:** Angela Shelton, LPN -  
Hospice Coordinator, Lawton: (580) 248-1405

**Quality Life Hospice:** 405 486-1357

**RoseRock Healthcare:** Audrey McCraw,  
Admin. 918-236-4866

**Ross Health Care:** Glenn LeBlanc, Norman,  
Chickasha; April Burrows, Enid; Vol. Coordinators,  
580-213-3333

**Russell Murray Hospice:** Tambi Urias,  
Vol. Coordinator, 405-262-3088; Kingfisher  
405-375-5015; Weatherford-580-774-2661

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

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

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

## ASTHMA

Continued from Page 8

of asthma occur in the 5-14 age group at 10.3 percent and decline over time, reaching a low point of 6.9 percent in Americans over the age of 65.

"We don't yet know the significance of this finding, but if we determine this hypothesis to be true, it would have great clinical relevance," she said. "Perhaps the thymus is where we need to look for ways to control asthma in children. That's what we hope to learn."

The grant will also allow Sun and her lab to further investigate whether the innate lymphoid cells produced in the thymus differ from the ones made

in the bone marrow.

Sun said their discovery of innate lymphoid cells in the thymus came about by accident through study of a particular mouse model in their lab—a model they've used for more than two decades to study T cell development.

"This research builds on our experience and what we have been working on the past 25 years, so it puts us in a unique position to do this work," she said. "I am very excited to see how this cell is controlled and hope we can learn what happens in the thymus and how it might be linked to asthma. It really fits really well with the overall research of this lab and comes back to what started this lab in the first place."

## CATCH HIM IF YOU CAN - IN NORMAN

*EXPLORE HEALTHCARE SUMMIT FEATURES  
ACCLAIMED SUBJECT OF THE BOOK, MOVIE  
AND BROADWAY PLAY "CATCH ME IF YOU  
CAN" AS KEYNOTE SPEAKER*

Frank Abagnale, one of the world's most respected authorities on cybersecurity and fraud prevention, and the subject of "Catch Me If You Can," will give two keynote addresses at the EXPLORE Healthcare Summit on Thursday, August 11, in Norman.

EXPLORE, Oklahoma's largest healthcare conference, provides a unique opportunity for physicians across various specialties and geographic regions to meet and join other healthcare industry leaders in a discussion about the future of healthcare in Oklahoma.

Abagnale has worked with, advised and consulted with hundreds of financial institutions, corporations, the FBI and government agencies around the world over the past 30 years. His rare blend of knowledge and expertise began more than 40 years ago when he was known as one of the world's most infamous con men.

One of Abagnale's addresses will cover his time as a con man and his transition to the right side of the law. The other will outline the latest information to protect institutions, associations and corporations from embezzlement, forgery, counterfeit

currency, check fraud, identity theft and internet fraud.

Other EXPLORE speakers include: Natalie Stavas, MD, who was named 2013 Bostonian of the Year for her efforts during the Boston Marathon bombing; John Banja, PhD, Professor and Medical Ethicist, Emory University; Gerald Hickson, MD, Sr. VP of Quality, Safety and Risk Prevention, Vanderbilt University School of Medicine; and Larry Van Horn, PhD, MBA, Executive Director for Health Affairs, Owen Graduate School of Management, Vanderbilt University. "The ultimate goal of the EXPLORE conference is improved patient safety and satisfaction," said Shari Moore, vice president of risk management at Oklahoma City-based PLICO, the Summit's presenting sponsor.

"We work hard to find speakers and educators that are highly respected in the medical field and are skilled at communicating practices that will positively impact individual patients," said Moore.

The EXPLORE Healthcare Summit will be August 11-12 at the Embassy Suites Hotel & Conference Center in Norman.

The Hospice Directory above does not represent a list of all Hospice facilities statewide. For a complete list visit [www.ok.gov/health](http://www.ok.gov/health)



**Vicki L Mayfield, M.Ed., R.N.,  
LMFT Marriage and Family  
Therapy Oklahoma City**  
*If you would like to send a  
question to Vicki, email us at  
[news@okcnursingtimes.com](mailto:news@okcnursingtimes.com)*

## **Q. Do you think it is ok not to forgive someone who has hurt you?**

A. I too have asked myself this question? The subject of forgiveness can be complicated by religious beliefs and scriptural references rendering us in a position to often feel guilt and shame if we choose not to forgive.

Recently I had the opportunity to hear a lecture by Dr. Janis Spring who wrote the book, *How Can I Forgive You? The Courage to Forgive, The Freedom Not To*. I want to share some of her wisdom about the subject. This made sense to me and validated my own struggle with forgiveness.

There are two unhealthy responses to interpersonal wounding: 1. **CHEAP FORGIVENESS** \*Cheap forgiveness is a quick and easy pardon with no processing of emotion and no coming to terms with the injury \*It is premature, superficial, undeserved, \*It is an unconditional, unilateral, often compulsive attempt to keep the peace.

People often say, "we have moved on." Moved on where? 2. **REFUSING TO FORGIVE** \*Refusing to forgive is a reactive, rigid, often compulsive response to violation that cuts hurt parties off from life and leaves them stewing in their own juices. \*It is a decision to continue punishing the offender.

There are two healthy responses to interpersonal wounding: 1. **ACCEPTANCE** \*It is a healing gift to the self \*It is a responsible, authentic response to an injury when the offender can't or won't engage in the healing process – when that person is unwilling or unable to make good. \*It is the realization that we will never get the apology or recognition of the pain that has been perpetrated on us. 2. **GENUINE FORGIVENESS** \*Genuine forgiveness is a hard-won transaction, an intimate dance between two people bound together by an interpersonal violation. \*As the offender works hard to earn forgiveness through genuine, generous acts of repentance and restitution, the hurt party works hard to let go of resentments and need for retribution.

You are not a better person if you forgive.

The person who hurt you becomes a better person if he/she genuinely feels remorseful and makes atonement.

Forgiveness is very personal. No one knows the depth of your pain but you.

A narcissist will not forgive – there is an avoidance of the complex understanding of forgiveness.

## **Baptist Medical named Oklahoma's Best for Fifth Year**

INTEGRIS Baptist Medical Center is recognized as Oklahoma's Best Regional Hospital for 2016-17 by U.S. News & World Report. This is the fifth consecutive year the hospital has received the overall top ranking for both the city and state.

INTEGRIS Baptist Medical Center ranks high-performing in the following procedures and conditions: Abdominal Aortic Aneurysm Repair, Heart Bypass Surgery, Heart Failure, Colon Cancer Surgery, COPD and Hip Replacement.

Hospitals that achieved "high-performing" ratings for at least four types of care are designated as Best Regional Hospitals. "It's an elite status. Of nearly 5,000 hospitals whose data were evaluated by our health care analysts, barely 10 percent earned the right to be called Best Regional Hospitals," said Ben Harder, chief of health analysis at U.S. News.

The U.S. News Best Hospitals rankings, now in their 27th year, help guide patients to hospitals that deliver outstanding care across 25

specialties, procedures and conditions. The Best Hospitals methodologies include objective measures such as patient survival, the number of times a given procedure is performed, infection rates, adequacy of nurse staffing and more.

"Both consumers and health care professionals recognize U.S. News hospital rankings as the 'gold standard' of excellence in U.S. hospital care," said Bruce Lawrence, president and chief executive officer of INTEGRIS. "These awards are based not on someone's opinion or on a few isolated data points, but rather on in-depth analyses of vast and varied types of information about actual patient care and outcomes."

Best Hospitals was produced by U.S. News with RTI International, a leading research organization based in Research Triangle Park, N.C.

The rankings are published in the U.S. News "Best Hospitals 2017" guidebook. For more information, visit Best Hospitals and use #BestHospitals on Facebook and Twitter.

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