Oklahoma's Nursing Times

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Jack of Jall trades RN makes house calls

RN Brandon Steffens is truly a jack of all trades with his home repair business.

by Bobby Anderson, RN, Staff Writer

Growing up on the family farm, Brandon Steffens, RN, never saw a contractor's truck pull up in the driveway.

No plumber, no electrician, no drywall guy and no painter ever set foot inside the house.

"I just grew up always working on the house with my dad. We never hired anything out," Steffens said. "We did all the electrical, all the plumbing - whatever it was we did it ourselves."

That work ethic carried the eventual float pool nurse through a seven-year stint with Home Depot and now to his current side business, Brandon's Home Improvement.

Before he was working in the ICU and

the ER, Steffens was plying the knowledge bestowed on him by his dad.

Elbow grease and a passion to make things better would make his dad proud.

Then nursing school and working with his hands took on a new meaning.

"People come to you in nursing in their worst states and it's an emergency," Steffens said, taking a break from an apartment remodel in Midwest City. "They're dilapidated, sick or injured and we get the opportunity to put our hands on them and fix them and make things new again."

Working nights four to five days a week for the past five years brought Steffens to a crossroads.

See STEFFENS Page 3 Patients.

Dwyer Honored with Angel Award

Recruiter Showcase

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Kathleen Dwyer, PhD, RN was recently named one of the 2018 Angel Award recipients.

Kathleen Dwyer, PhD, RN, was one of the 2018 Angel Award recipients at the annual Dr. Ruth Joyce Colbert Barnes Foundation, Inc. and the Oklahoma Sovereign Arts Foundation reception on November 3, 2018. The Angel Award acknowledges individuals who are unsung heroes and have given of themselves to affect positive changes in the lives of others. Dwyer was nominated and honored for her work to improve health outcomes in communities facing disparities.

"I'm pleased that Dr. Dwyer has received this well-deserved recognition. She's widely recognized as an expert in community-based participatory research designed to improve the health of communities," said Gary L. Loving, interim dean for the OU College of Nursing. Dr. Dwyer's recent research work included an Agency for Healthcare Research and Quality (AHRQ) funded study to improve health and eliminate urban health disparities in the state. The project partnered with multiple churches and a small urban school district to implement an individualized telephonebased health coaching program. Additionally, Dr. Dwyer has received a research grant as a part of the 2018 Stephenson Cancer Center pilot grants program for Care Coordination for Cherokee Nation Cancer Patients.

Collaborative Recognizes Efforts to Improve Outcomes for Oklahoma Mothers and Babies

Nine Oklahoma hospitals received awards for recently providing excellence in perinatal care from the Oklahoma Perinatal Quality Improvement Collaborative. The awards were presented at the fifth annual summit of the collaborative in Oklahoma City. Approximately 215 providers of maternal and infant care came together at the event to discuss continued efforts to improve outcomes for Oklahoma mothers and babies, and to celebrate success from their ongoing work.

Hospitals receiving the "Spotlight Hospital Awards" were recognized for participation and sustained improvement in the areas of early elective deliveries (inducing labor and scheduling cesarean births before 39 weeks without a medical reason), education to prevent abusive head trauma (commonly known as shaken baby syndrome), modeling and promoting safe sleep practices, accurate newborn screening, creating an environment that is supportive of best practices in maternity care and breastfeeding, and being prepared for obstetrical emergencies (such as hemorrhage and preeclampsia) through training, guidelines and hospital resources.

Receiving hospital "Spotlight" awards were: Duncan Regional Hospital, INTEGRIS Canadian Valley Hospital, Yukon, INTEGRIS Health





Tracie Anderson, MS, (center) director of the Perinatal Neonatal Program, OUHSC, receives the Warren M. Crosby Champion for Maternal and Infant Health Award from Chad Smith, MD (left), medical director of the Oklahoma Perinatal Quality Improvement Collaborative, and Tom Bates, Oklahoma interim commissioner of health.

Edmond, Lakeside Women's Hospital, Oklahoma City, Saint Francis Hospital, Tulsa, SSM Health St. Anthony Hospital – Oklahoma City, SSM Health St. Anthony Hospital – Shawnee, St. Mary's Regional Medical Center, Enid and The Children's Hospital at OU Medical Center, Oklahoma City.

Chad Smith, MD, medical director of the Oklahoma Perinatal Quality Improvement Collaborative, congratulated the hospitals saying, safety "Patient and quality improvement in women's health have become top priorities nationally and for the state of Oklahoma. You have each demonstrated dedication to and excellence in improving the care of Oklahoma women and newborns. We have achieved momentum through your efforts, and together we can continue to drive change in a positive direction."

In addition, Tracie Anderson, MS, director of the Perinatal Neonatal

Program, OUHSC, Oklahoma City, received the Warren M. Crosby Champion for Maternal and Infant Health Award for going above and beyond to display exemplary effort to improve outcomes for mothers and babies in the local community and statewide.

Partners in the Oklahoma Perinatal Quality Improvement Collaborative include: March of Dimes, Oklahoma City-County Health Department, Tulsa Health Department, Oklahoma Health Care Oklahoma Hospital Authority, Association, Oklahoma State Department of Health and County Health Departments, and University Oklahoma Departments of of OB/GYN and Pediatrics.



STEFFENS Continued from Page 1

"Everyone told me to watch out, you'll get burned out," Steffens recalled. "I said 'No, I wouldn't' but you get burned out."

So Steffens decided to pour more of his time and talents into something else.

Being a contractor was a vocation he held before nursing. That took him into Home Depot, where he oversaw the entire local install business for the big box company.

Whether it be a sink or a door, a microwave or a dishwasher, Steffens was in charge of the contractors who carried out the work under Home Depot's name.

It taught him even more about the business.

"I realized there is a huge need out there for people who just don't know how to do home improvements or they didn't have the time," he said.

Or too often, they didn't have a ton of money.

Home improvements are expensive. Steffens knows all too well the retail costs associated with a remodel.

And he knows the sizeable markup that goes with it.

Figuring things out and finding ways to save people a dollar are a challenge for him. Sometimes he challenges himself right out of a bigger check.

He showed up for a recent garage door opener install job one night. The customer had the new opener waiting for him in the box.

Steffens went up to unplug the old wire and noticed an electrical short.

"I saved him \$400," Steffens said. "I like that sense of accomplishment."

For some reason Steffens' specialty has always been tile. Projects that most contractors avoid like the plague, Steffens has a certain affinity.

"Most contractors shy away from it because it's hard, lot of up and down and on your knees. That never bothered me," he said. "I like the perfection of it, just to lay each piece of tile in a certain way. It's kind of like art because you can do different things with tile that really finishes a house off."

For Steffens, the business venture has been a source of freedom. It's

not a straight 12-hour gig, meeting sometimes unreasonable expectations with limited resources.

"I like the sense of accomplishment," Steffens said. "In nursing, I talk to people all day long and doing home improvement I get a lot of alone time. I get to just lose myself in work for some time and get to be creative."

"You go in and see something nasty and absolutely turn it around and make it new," says Steffens, who has remodeled two of his own homes. "I like to touch every surface. I like when people come in to a house I've remodeled and every surface in that house has been touched by me."

He admits he really hasn't advertised since taking on more work.

He hasn't had time.

"You do a good job and people tell people," explained Steffens, who can be found on Facebook under Brandon's Home Improvement. "People are always asking if you know anybody. It just snowballs from there."

With four kids, age five, 10, 15 and 22 - Steffens has a full plate at home. But he's already taken a



couple of his kids along to start learning the trade.

"My 10-year-old has shown interest," Steffens beamed. "He helped with carpentry on a door frame. He had all these wonderful better ideas how to fix it. There's no science behind it."

But there's definitely an art.

And for now, the combination of science and art suits this nurse just fine.

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Dylan came flying into the world a month earlier than expected. He was a calm and content baby. Little did his family know that as soon as he could, he would be off and running!

He had a loving heart and never allowed anyone to wonder how he felt about them. He didn't have many worldly possessions because he gave his things to others who he felt needed it more. At the young age of 16, Dylan registered his decision to be an organ donor.

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. If you don't have a license or state ID card and do not have internet access, call 800-826-LIFE (5433) and ask for a donor registration card.

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PASSION IN NURSING HUMANITY CONNECT: EXCITING NEW APP IS HERE by Vickie Jenkins - Writer/Photographer

The Mission of Humanity Hospice is to provide comfort care that enhances the lives of individuals with a life-limiting illness and their families through dignity and compassion.

Meet Keisha Jackson, Owner and Administrator of Humanity Hospice. Outgoing and friendly, Keisha tells me that she has some exciting news to share. What is "Humanity the exciting news? Hospice is now going to have an app called Humanity Connect! This is the first and only app developed for Hospice; created to keep patients in contact with their families," Keisha replies. "The Humanity Connect was made just for that reason."

Keisha explained how Humanity Connect will help a patient and their family. "The patient would create a profile, along with a place to journal, posting their health care updates and inviting friends to join the page. This way, instead of a family member making 45 phone calls to update the status of a patient, one post would take care of many. This would relieve some of the burden of the patient's family. Humanity Connect would allow a one-on-one update, spreading the word to all of those included. Their page will include a photo album, a place to post comments, an encouraging board for the friends and family to leave encouraging words and to wish the patient well. There will be a way to video chat with a nurse, face-to-face, being helpful, comforting and create piece of mind for patient and families. This app might be compared to Facebook and Timehop except this will be private. The only people to be added to the contact list would be added by the patient or

a family member," she said.

"When a patient comes to Hospice, the patient has a terminal illness and has less than 6 months Humanity Hospice is to live. there for the patient 24 hours, 7 days a week. We have three layers of nursing; the primary nurse, the back-up nurse and the administrative nurse. The nurses are available at all times which means faster and personal response," Keisha commented. "Also, Medicare pays 100% of the hospital benefit," she added.

Humanity Hospice has several throughout different locations Oklahoma. Humanity Connect will be available in each location; Ponca City, Edmond, Stillwater, Enid, Oklahoma City, Shawnee and Moore. Local team nurses are assigned to local patients for that location.

Let's face it, we are living

in a world of social media junkies! From the baby boomers to the millennials, we have instant gratification from those devices we call cell phones. We use them constantly! We all want the simple answer NOW. Yes, our technology has changed. How many remember those strange things that came in the mail? You know, they were called letters. People actually sat down at a desk, grabbed their pen or pencil and began writing. Now, we just tell Siri or Alexa to do our job for us. How times have changed!

Caring for the patient and making their life a little better is what inspired Keisha Jackson to think of a vision to help Humanity Hospice. After much planning and the six members of the Hospice team, a new vision was Finding the set into motion. See HUMANITY Page 5

OKLAHOMA NURSES ASSOCIATION

OKLAHOMA ASSOCIATION OAHCR OF HEALTHCARE RECRUITERS

OAHCR 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.

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



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ONA Nurses Day at the Capitol Feb. 26, 2019 in OKC

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February - May 2019

Find more information and register at: www.OklahomaNurses.org.

Oklahoma Nurses Association www.oklahomanurses.org | 405.840.3476



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Humanity Hospice is proud to announce their new app, Humanity Connect. The purpose is to allow patients and their families to stay in touch a more efficient way.

HUMANITY **Continued from Page 4**

perfect local developer, Paradigm Creative in Stillwater, OK came into the picture. After working on this plan for months, making sure everything was working properly and putting the final touches on everything, Humanity Connect has been was established!

"I am excited for this new app, Humanity Connect. This app will be available with Apple and Android platforms and a desktop version. It will be helpful to all involved; the patient, caregiver and the family members. Another plus is the fact that even after your loved one has passed; the patient's profile and their photo album will stay. Your loved one's postings will be reserved, passing on precious memories," Keisha replied.

Humanity Connect is bringing the patients comfort in their last days, allowing the patient to have that one-on-one conversation with family members, combining the last day of their lives and improving their quality of life.

"A lot of planning and hard work went into Humanity Connect. Our tag line at Humanity Hospice is Because YOU Matter," she added. "It's a way to keep the memories alive. Passing on the memories, grandchildren can look back and know a little about their loved ones life. Whatever I can do to make a patient's journey easier, I'm going to do it," Keisha commented.

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If you have a loved one that is in need of Humanity Hospice, please call our office at 405.418.2530. We are located at 1109 N. Bryant, Edmond, OK, suite 100.

A special thank-you to Keisha Jackson for having a vision and following through! Humanity Connect has arrived!

Humanity Hospice because You matter



Health St. Anthony SSM Hospital is pleased to announce Diane Gassett, Division Director, SSM Health Behavioral Health, as the recipient of the 2018 Excellence in Nursing Award.

The award recipient is chosen by the SSM Health St. Anthony medical staff for dedication to providing quality patient care and for adhering to the mission, vision and values of SSM Health St. Anthony.

Nurses follow a code of ethics which requires them to promote health, to prevent illness, to restore health and to alleviate suffering. Inherent in nursing is respect for human rights, including cultural rights, the right to life and choice, to dignity and to be treated with respect. Nurses render care to the individual, the family and the community.

Gassett is division director at SSM Health St. Anthony South; she began her service at SSM Health St. Anthony 38 years ago.



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December 3, 201



Dental hygiene may be key for lupus

Good oral hygiene prevents cavities. Now, new research suggests it may also make a difference in preventing and managing lupus and other diseases.

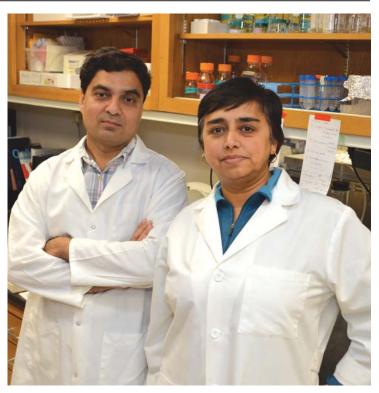
Oklahoma Medical Research Foundation scientists Umesh Deshmukh, Ph.D., and Harini Bagavant, Ph.D., have found a link between gum disease and lupus, an autoimmune disease.

"Our findings suggest a simple message: If there is good dental care, patients have a good chance of experiencing less severe disease," said Bagavant. "With further research, we might be able to tell if proper oral health has the potential to help prevent these diseases altogether."

At OMRF, Bagavant and Deshmukh study the effect of oral health in lupus, a disease that strikes an estimated 1.5 million Americans. The scientists' research focuses on bacteria commonly found in the mouth that have been associated with gum disease.

"Our study shows that patients who might have been exposed to gum disease causing bacteria show higher lupus activity. Therefore, we expect that a seemingly small change, like brushing and flossing regularly, could benefit patients who are already on a host of powerful medications by allowing them to modify their treatment with fewer drugs or less powerful dosages," she said. "And fewer drugs can mean fewer side effects."





Oklahoma Medical Research Foundation scientists Umesh Deshmukh, Ph.D., (left) and Harini Bagavant, Ph.D. (right). See GRANTS page 10



Register at thedemandproject.org

Oklahoma's Nursing Times College Nursing Guide (Abbreviated) - another free service provided by Oklahoma's Nursing Times -

PRACTICAL NURSING PROGRAMS

Autry Technology Center www.autrytech.com Enid, OK 73703 Ph: 580-242-2750 Ext 163

Caddo-Kiowa Tech, Center www.caddokiowa.com Ft. Cobb Ph: 405-643-5511 Ext 263

Canadian Valley Tech. Center www.cvtech.org 1. El Reno Campus Ph: 405-422-2341 2. Chickasha Campus Ph: 405-222-7592

Central Technology Center

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

Chisholm Trail Tech. Center www.chisholmtrail.com Ph: 405-729-8324

Francis Tuttle Tech. Center www.francistuttle.com Oklahoma City Ph: 405-717-4382

Gordon Cooper Tech. Center www.gctech.org Shawnee Ph: 405-273-7493 Ext 291

Great Plains Technology Center

www.gptech.org 1. Lawton Campus Ph: 580-250-5595 2. Frederick Campus Ph: 580-335-5525

Green Country Technology www.gctc.ok.com Okmulgee Ph: 918-758-0840 Ext 246

High Plains Technology Center www.hptc.net Woodward Ph: 580-571-6159

Indian Capital Tech Center 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 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. Talihina Campus Ph: 918-567-2264

Meridian Technology Center www.meridian-technology.com Stillwater, OK 74074

Ph: 405-377-3333 Ext 324

Metro Technology Center www.metrotech.org Oklahoma City Ph: 405-605-4610

Mid-America Technology Center www.matech.org Wayne Ph: 405-449-3391 Ext 265

Mid-Del Lewis Eubanks Technology Center www.mid-del.tec.ok.us Midwest City Ph: 405-739-1713

Moore Norman Technology Center www.mntechnology.com Norman Ph: 405-364-5763 Ext 7349

Northeast Technology Centers

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 Alva Ph: 580-327-0344

Pioneer Technology Center www.pioneertech.org Ponca City Ph: 580-762-8336 Ext 251

Platt College 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 Ada Ph: 580-310-2258

Red River Technology Center www.redriver.tec.ok.us Duncan Ph: 580-255-2903 Ext 237

Southern Okla. Tech. Center www.sotc.org Ardmore Ph: 580-223-2070 Ext 239

Southwest Technology Center www.swtc.org Altus Ph: 580-477-2250 Ext 257

Tri County Technology Center www.tctc.org Bartlesville Ph: 918-331-3223

Tulsa Tech, HSC www.tulsatech.com Tulsa Ph: 918-828-5000/828-1043

Western Technology Center www.wtc.tec.ok.us Burns Flat Ph: 580-562-3181 Ext 2264

Wes Watkins Technology Center www.wwtech.org Wetumka Ph: 405-452-5500 Ext 277

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Carl Albert State College www.carlalbert.edu 1. Poteau Campus Phone: 918-647-1350-1355 2. Sallisaw Campus Phone: 918-775-6977

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

Eastern Oklahoma State College www.eosc.edu 1. Wilburton Campus Phone: 918-465-2361

ext. 796

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

Murray State College www.mscok.edu 1. Tishomingo Campus Phone: 580-371-2371 ext. 337 2. Internet-Based Campus Tishomingo Phone: 580-371-2371 ext. 337

Northeastern OK A&M College www.neo.edu Miami Phone: 918-540-6312

Northern Oklahoma College 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 Oklahoma City Phone: 405-682-7507

Oklahoma State University www.osuokc.edu Oklahoma City Phone: 405-945-3295

OSU Institute of Technology Okmulgee www.osuit.edu Phone: 918-293-5337

Redlands Community College www.redlandscc.edu El Reno Phone: 405-422-1262

Rogers State University www.rsu.edu 1. Claremore Campus Phone: 918-343-7635 2. Bartlesville Campus Phone: 918-338-8000

Rose State College www.rose.edu 1. Midwest City Campus Phone: 405-733-7546 2. Internet-Based Campus Midwest City Phone: 405-733-7546

Seminole State College www.ssc.cc.ok.us Phone: 405-382-9205

Tulsa Community College www.tulsacc.edu 1. Tulsa Campus Phone: 918-595-7188 2. Owasso Campus Satellite Site Phone: 580-595-7188

Western Oklahoma State College www.wosc.edu

1. Altus Campus Phone: 580-477-7830 Altus Campus Phone: 580-477-7830
 Lawton Campus Phone: 580-477-7830
 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 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

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

Northwestern OK State Univ. 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

Shawnee Ph: 405-878-2081

Oklahoma Christian University www.oc.edu Oklahoma City Ph: 405-425-5000

Oklahoma City University Kramer School of Nursing www.okcu.edu

1. Oklahoma City Campus Ph: 405-208-5900 2. Duncan Campus Ph: 405-208-5900

Oklahoma Wesleyan University www.okwu.edu Bartlesville Ph: 918-335-6276

Oral Roberts University www.oru.edu Tulsa Ph: 918-495-6198

Rogers State University www.rsu.edu 1. Claremore Campus Phone: 918-343-7635 2. Bartlesville Campus Phone: 918-338-8000

Southern Nazarene University www.snu.edu Bethany Ph: 405-491-6610

Southwestern OK State Univ. www.swosu.edu Weatherford Ph: 580-774-3261

University of Central Oklahoma www.uco.edu Edmond Ph: 405-974-5000

University of Oklahoma www.ouhsc.edu 1. Oklahoma City Campus Ph: 405-271-2428 Tulsa Campus Ph: 918-660-3950 2.

Lawton Campus Ph: 580-591-8094 3. The University of Tulsa

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 Muskogee Ph: 918-781-7325

Northeastern State Univ. www.nsuok.edu Muskogee Ph: 918-781-5410

Oklahoma Panhandle State Univ. www.opsu.edu Goodwell Ph: 580-349-2611 Ext 269

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

University of Phoenix www.phoenix.edu 1. Tulsa Campus Ph: 918-622-4981 2. Oklahoma City Campus Ph: 888-888-8166 3. Norman Campus Ph: 405-842-8007

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GRANTS **Continued from Page 8**

Deshmukh said the new findings provide strong rationale for improving dental care in lupus patients as an add-on to traditional therapy. The research could also lead to new methods of early disease detection.

He emphasized that the findings could have implications beyond lupus. "Poor oral health can contribute to a number of diseases," said Deshmukh. "Taking care of your teeth now could help you avoid type 1 diabetes, cardiovascular disease and rheumatoid arthritis, among others."

A husband-and-wife research team, Deshmukh and Bagavant joined OMRF from the University of

Virginia in 2013. Since then, they've worked with OMRF clinicians to observe the effects of mouth bacteria on disease in different patient populations.

"It needs to be a priority to better educate people on the importance of good dental care," said Bagavant. "These results indicate that just being seen regularly by a dentist, taking care of your gums and managing plaque can benefit your health in significant ways over time."

The findings were published in Clinical and Experimental Rheumatology. Funding for the project was provided by Oklahoma Center for the the Advancement of Science and Technology (OCAST).





December 21st and you Edmond located at 1001 S. Bryant. Edmond, OK or Synergy Home Care at 1272 N. Interstate Dr. contact Marcie Davis at (405) 758-6982 with any questions or to place a your place of business!

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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. I am a health care provider and I am very concerned with all the pharmaceutical drugs being advertised on TV. I worry that people will believe everything they see and hear in the commercial and dump more money into this industry that is failing us in so many ways. These are some of my concerns. ---- Rhonda

A. I don't know how many readers have paid close attention to these frequently run drug commercials. It is crazy to think that drugs are being advertised on TV.....really?

It is highly unlikely that any of these drugs will make you sing, dance or ace a game of volleyball but you would never know it if you fell for the message in the commercial. Notice how the speaker enunciates very clearly until he gets to the side affects of the drug. Then suddenly he has a manic episode, his speech is pressured and barely audible. The last thing you think you heard is something about coma and possible death. But with those butterflies and beautiful surroundings who focuses on being in a coma.

So ok, you think one of these drugs might help you. You talk to your doctor, who also thinks this drug might help your symptoms and he writes a prescription. Now the scary part. You pull into the pharmacy parking lot with your prescription in hand. The pharmacy tech takes over while you wait. Your name is called and you are told you owe \$475.00 after insurance has paid their part. Now you have symptoms related to finding out the pharmaceutical industry is raping you.

So what has happened? You watch a commercial for a new drug with people who are smiling big, some are singing, dancing, growing beautiful flowers and don't forget the butterflies and maybe the ocean. These are happy people taking their new drug. Who wouldn't want to smile big and grow beautiful flowers.

So now your hooked. Your doctor writes the prescription. The pharmacist tells you the price. You announce he can keep the drug because there is no way you can pay for it unless you stop eating. Or another issue......Maybe your doctor gives you samples of the new drug and you find it does help your symptoms. But when you are told it will cost \$475 after your samples are gone, what is the point.

I was personally given a prescription for a skin cream, with a coupon because the doctor told me it might be expensive. When I went to pick up the prescription the pharmacy tech had a strange look on his face when he told me the small tube of cream was \$1042 after the coupon!!

Be cautious. Pay attention to the side affects listed for these drugs. If you can make behavioral or life changes, try that first. Your health and your money are at risk.

Oklahoma's Nursing Times



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Easy, as somebody they can trust, laugh with and someone they know will save their life.

Luke Richardson-

As someone who didn't just work on them but worked for them.



Marcus Kesler, RN

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As someone who cared

about them as an

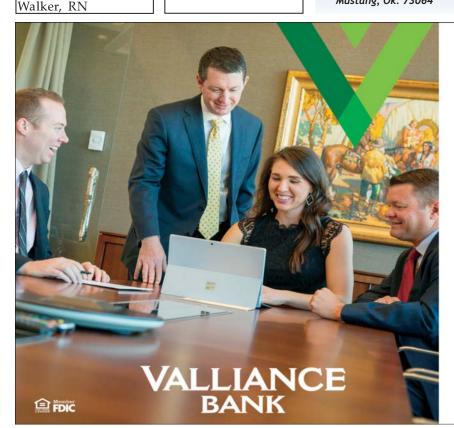
individual.

Rhonda Farris, RN

As caring and authentic to them.



Regina Ketts, APRN





*Annual Percentage Yield (APY) is accurate as of 6/29/2018 and subject to change without notice. \$2,500 minimum deposit balance required. Offer available for a limited time with the deposit of new money. No brokered deposits. Penalty may be imposed for early withdrawal. APY assumes principal and interest remain on deposit for the term of certificate. Inquire with a Personal Banker for more information.

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