

Pathway to Excellence INTEGRIS Health Edmond earns distinction



Annie Green, RN, ICU team manager; Tammy Stanford, RN, clinical nurse manager for Surgical Services; Angie Kamermayer, RN, chief nursing officer at INTEGRIS Health Edmond; Evelyn Radichel, RN, clinical director for Women's Services; and Marlana Travis, RN, clinical nurse manager for the Emergency Department, say their experiences of earning the Pathway to Excellence distinction for INTEGRIS Health Edmond has enriched their lives.

by Mike Lee
Staff Writer

Pathway to Excellence is a distinction INTEGRIS Health Edmond has earned, said Angie Kamermayer, RN, chief nursing officer at INTEGRIS Health Edmond.

This honor is awarded by the American Nurses Credentialing Center. It is

a designation that recognizes hospitals for achieving nursing excellence for their practice environment. Pathway to Excellence is based on 12 practice standards, Kamermayer said.

Some of them include things like shared governance and work-life balance. The first standard is about nurses

controlling their practice, which is about nurses being involved in decision making, Kamermayer said.

"The second standard is about the work environment and that it's safe and healthy," she continued. "So that nurses know when they come to work every day, they know that the hospital has their best interest in making sure their work environment has the right amount of staff, the right resources and tools that they need to safely take care of their patients."

Kamermayer said the third standard of Pathway to Excellence is about having systems in

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Oklahoma Climbs in America's Health Rankings

Increase in Immunizations, Decrease in Smoking Rates Highlight Report

Oklahoma improved in America's Health Rankings, a report issued by United Health Foundation, to 45th overall. The state has improved since ranking 49th in the nation in 2009. The report highlights progress on immunization rates, preventable hospitalizations and a reduction in the adult smoking rate.

The most dramatic achievement in the report was Oklahoma's more than 10 percent increase in the number of children immunized, from 62.7 percent in 2014 to 73.3 percent this year. That rate is almost two percent higher than the national rate of 71.6 percent and will effectively prevent children from contracting dangerous diseases.

"It's rewarding to see the progress our immunization staff and county health departments have made in providing access to life-saving vaccines for our state's children," said Dr. Terry Cline, Oklahoma State Department of Health (OSDH) Commissioner. "Even more rewarding is the knowledge that increasing vaccine coverage saves lives, particularly among our youngest and most vulnerable residents."

America's Health Rankings 2015 report also highlights Oklahoma's lowest ever smoking rate at 21.1 percent. While still three percent above the national smoking rate, Oklahoma has continued to make dramatic improvements in the number of people who smoke.

"The success we have seen in smoking rates is due to the commitment of organizations like TSET, health policy leaders such as Governor Mary Fallin and scores of community partners who have rallied to combat this health threat," Dr. Cline said. "While we celebrate this progress together there is still work to be done. We have 88,000 kids alive in Oklahoma today who will die prematurely from smoking. That



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is just not right.”


Oklahoma was recognized for accomplishments in other areas important to public health. In the past five years, preventable hospitalizations have declined by 29 percent for Medicare beneficiaries. Prevalence of physical inactivity was almost five percent lower than the previous year, with 28.3 percent of state residents reporting that they were not physically active. Oklahoma was also cited for strengths in low prevalence of excessive drinking and small disparity in health status by education level.

While rates of obesity, diabetes and drug deaths rose in the state, those categories followed a similar national trend. The report also cites challenges in the state due to limited availability of primary care physicians and the continuing high rate of cardiovascular deaths.

For the complete rankings, go to www.americashealthrankings.org/OK



OBU Ranks Number One in Oklahoma on List of Best Baccalaureate Colleges



Oklahoma Baptist University recently ranked as the top Baccalaureate College in the state of Oklahoma for 2016. OBU ranked 34 on a list of 346 schools nationally.

The rankings were published by Washington Monthly, an online and print news magazine in Washington, D.C. The rankings give high marks to institutions that contribute to society, enroll low-income students, help them graduate and don't charge a fortune to attend. The publication differs from other college ranking guides by focusing on what colleges and their alumni do for the country as a whole.

Washington Monthly also ranked OBU as one of the “Best Bang for the Buck” universities for the Southern region of the United States. This ranking is based on the best educational value for the money based on ‘net’ price, how well universities do graduating the students they admit, and whether those students go on to earn at least enough to pay off their loans.

OBU consistently earns top rankings nationally and regionally. The University has been rated one of the top 10 regional colleges in the West by U.S. News and World Report for 24 consecutive years and has been Oklahoma’s highest rated regional college in the U.S. News rankings for 22 consecutive years. Forbes.com consistently ranks OBU as a top university in Oklahoma, and the Princeton Review has named OBU one of the best colleges and universities in the western United States for 11 consecutive years. OBU has also ranked highly in affordability and in graduating students with low debt burdens, among others.

Saints Heart & Vascular Institute Welcomes Local Celebrity Chef Kurt Fleischfresser

St. Anthony’s annual Celebrity Chef series turns the spotlight on Oklahoma, featuring local Celebrity Chef Kurt Fleischfresser. Chef Kurt is well known in the Oklahoma restaurant scene, as he’s been involved in ownership and overseeing 25 restaurants right here in Oklahoma City. To name a few, Chef is currently Executive Chef/Partner of Western Concepts Restaurants, The Coach House, Sushi Neko, Musashi’s, Will Rogers Theater, and The Lobby Bar. He is also the Director of Operations at another popular Oklahoma City Restaurant, Vast.

Wednesday, January 13, Chef Kurt will demonstrate his love for food and the state of Oklahoma by blending the two together. Featuring some of his favorite recipes with some delicious local produce, Chef Kurt will be serving up a delightful menu with some great local shopping tips.

Chef will take the stage Wednesday, January 13, at the Rapp Foundation Conference Center in the Saints Medical Plaza building for a keynote dinner and demo at 7 p.m. Ticket sales start Tuesday, Dec. 8. Tickets are \$20 each, to purchase just go to Saintsnearyou.com.



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PATHWAY

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place that address patient care and practice concerns. If they do have an issue with patient concerns, there's a way for them to be able to communicate that to the leadership or to Kamermayer, she noted.

"And the fourth one is about orientation, preparing them for the work environment," Kamermayer said.

New nurses that come to the hospital are trained sufficiently so that they can feel good about coming to work and having the right information to take care of their patients.

The fifth standard is that the chief nursing officer is qualified and participates at the highest level of the INTEGRIS organization. Kamermayer participates at the board level by representing nursing at all of the hospital staff and leadership meetings. She is the voice of nursing.

"The sixth standard is about professional development," Kamermayer said. "We provide it. We support education to our nurses, not only at the continuing education level, but if they want to pursue advanced degrees, we will provide them with academic loans, tuition reimbursement, and can actually help the nurse who is wanting

to achieve their bachelor degree in nursing to virtually pay for almost all of their patient training based on the school they select."

Equitable compensation is the seventh standard. This means INTEGRIS makes sure the hospital is market competitive with wages and salaries.

"We do check on them on an ongoing basis to make sure we are paying our nurses appropriately," Kamermayer said.

The eighth standard is about recognizing nurses for their achievements. This is for a nurse who does something extra-special to benefit a patient. It could be a project they are involved in to advance patient care.

"They are recognized and we have different award systems that allow the nurse for that recognition," Kamermayer said.

The ninth standard is about having a balanced lifestyle. It's important for everyone to know that life is not all about work, she said. So INTEGRIS promotes its wellness program to its nursing staff.

"We have a fitness center onsite," she said. "And we do encourage our nurses and staff to use that."

Standard 10 is about collaborative relationships that are valued and

supported. Kamermayer said INTEGRIS Edmond promotes collaborative relationships among its departments and physicians. The team of professionals work well together, she said.

"The 11th standard is that nurse managers are competent and accountable. So this is leadership at the department level to make sure they are supporting the nursing staff and the work that they do."

The last standard recognizes a quality program the hospital uses to promote evidence based standards in its best practices so that their patients get the best care.

Kamermayer said the journey of Pathway to Excellence began three years ago with the nursing staff. In the journey of trying to develop that foundation of excellence, it took a lot of time and dedication by the staff.

Annie Green, RN, ICU team manager, said Pathway to Excellence means that INTEGRIS Edmond is a great place for nurses to be.

"We've done a lot of work to get our hospital from point A to point B," Green said. "One of the things I think is great is that we have unit based councils in every nursing department. We didn't have that at the beginning. The nurses on the floor have the ability to make decisions for practicing

and moving things on their unit."

The journey for Pathway to Excellence sparked enthusiasm for the nurses, said Tammy Stanford, RN, clinical nurse manager for Surgical Services. Involvement by the nurses has made them feel empowered to achieve even higher goals, Stanford said.

"Everyone is working for certification and we encourage them to keep moving forward," she said.

Marlane Travis, RN, clinical nurse manager for the Emergency Department said Pathway to Excellence is a unique culture that is built from the lowest level all the way up. It incorporates all the nurses to work toward the same standard of evidence based practices.

"Patients can know when they come here that they are going to receive the best health care possible," she said.

Evelyn Radichel, RN, clinical director for Women's Services, is proud to be one of a very few hospitals in Oklahoma and INTEGRIS to achieve this honor. Knowing all of the hard work the nursing staff achieved in order to reach for excellence is rewarding, she said. It involved countless hours and stories that were shared.

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Editor and Publisher, Steven R. Eldridge - News@okcnursingtimes.com
 Advertising Director Annette Deckard - Annette.Deckard@usnursingnews.com
 Advertising Services Lisa Weigel - Advertising@okcnursingtimes.com
 Writers: James Coburn, Bobby Anderson, Vickie Jenkins
 Send all news, story requests, letters to the editor and press releases to news@okcnursingtimes.com

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CAREERS IN NURSING

MAKING A DIFFERENCE: LIFE IS BETTER WHEN THERE IS TEAMWORK

by James Coburn - Writer/Photographer

Knowing that a nursing staff is working together in common cause to make a difference is important for patient care, said Amber Williams, RN, Bone & Joint Hospital at St. Anthony.

She became a registered nurse four years ago after graduating from Rose State College in Midwest City. Afterwards, she worked at OU Medical Center for four months. The rest of her career has focused on orthopedic care at Bone and Joint.

"I came here specifically because I had a friend where I went to school with and she liked working here," Williams said.

Williams first nursing job was in oncology and she wanted a change of pace. Williams had been a CNA when attending nursing school. She loved it and wanted that feeling again by going to a hospital that focuses on the type of nursing she loves.

Williams also plans to go back to school to become a physical therapist. So as a nurse, Bone and Joint offers

plenty of opportunities to be around physical therapists.

"Before I make that decision, because it's a doctorate now instead of a masters, I want to make sure that's what I want to do before I commit to it," Williams said.

In her current role as a nurse, she cares for post-operative patients out of surgery. She helps to rehabilitate them with mobility when they cannot move. She helps patients to walk again and also provides pain management.

"Some of the people are older. They don't want pain medicine. They've heard a lot of things about addictions and stuff," Williams said. "They'd rather lie in the bed and be still. So there's a lot of education of what they can and can't do. What they should and should not take. It's okay to take your pain meds if you're hurting."

Williams encourages post-operative patients to regain their independence with their new joints.

She has a proclivity for health

care. She was a senior in high school when nursing grabbed her attention. She took a graphic design class and began to explore the career field. She learned it was very competitive.

"I grew up poor and I needed guaranteed money. I wanted to do something that I loved but I wanted it to be profitable as well," she said "I didn't have kids at the time but I didn't want my kids growing up poor."

Williams said she started out wanting to be a veterinarian. Science was always her favorite in high school, so she took an anatomy class.

"I wasn't sure about nursing specifically, but I had a lot of friends who had degrees in nothing," she said. "And so I didn't want to become a dentist and hate it, so I decided I would become a nurse and work the field to see what I like and what I wanted to continue."

Williams learned to cherish nursing as a CNA in a nursing home. Now

she likes working at Bone and Joint because the staff works well together, she said.

"We all work really well together. We all look out for each other," she said. "We're just really nice to each other and a lot of times you don't get that in the nursing career field. I actually left and went to the VA for a little bit because I'm also in the National Guard."

"I thought, 'I want to go help out my fellow vets.'"

Soon she began missing the camaraderie and friendships evident at Bone and Joint, she said.

"The teamwork brought me back. I was only there for a few months," Williams said.

Williams said she has never asked anyone for help who reacted with a bad attitude toward her at Bone and Joint. Teamwork flows from management on down. The managers are willing to help when there is a need on the floor.



Mark always enjoyed his 'paying jobs', but his heart and any spare time was devoted to sports. In fact, he devoted his time to coaching baseball long before he had kids of his own, but was so proud when he was able to weave together fatherhood and sports with the birth and coaching of his children, Marcus and Morgan. His two children were his pride and joy and he was very proud of the young man and young lady they had become.

Mark's legacy of helping others was repeated, even after he exited this life and received ultimate healing. His unselfish gift of organ donation has already blessed two individuals with kidneys and other tissues will benefit several future recipients.

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Amber Williams stays focused on patient care as a registered nurse at Bone and Joint Hospital at St. Anthony in Oklahoma City. At home she likes to paint and be involved in her church.

"That sets the tone. They say it rolls downhill,"

Management at Bone and Joint also has good listening skills. There is not one manager at Bone and Joint that Williams is afraid to approach.

"Sometimes you have that boss and it's like, 'I'm not talking to her. You go tell her,'" she said. But not at Bone and Joint.

One of her ideas for employee satisfaction was to have a gift shop in

which the nursing staff earned points to purchase a product.

"We got a lot of cool stuff we can get. We can get scrubs, we can get mugs, we can get movie tickets and gift cards to go out to eat," Williams said.

Suggestions don't disappear when submitted to management. "They actually read it and take the time to respond," she continued.

Nursing Assistants Endure High Injury Rate

Safe Patient Handling Law Needed to Protect Nursing Assistants, Public Citizen Report Shows and BLS Data Confirms

Data released recently by the U.S. Bureau of Labor Statistics (BLS) shows the need for a federal law protecting nursing assistants, who experienced injuries from overexertion and bodily reaction at a rate more than five times greater than all other workers.

"Without a federal law in place to eliminate heavy manual lifting in hospitals and other health care settings, we will continue to see startling injury statistics for nursing employees," said Lisa Gilbert, director of Public Citizen's Congress Watch division. "The BLS data should be a call to action for lawmakers and health care employers to protect these dedicated caregivers."

The BLS data is compiled from the agency's 2014 Survey of Occupational Injuries and Illnesses, an annual survey of non-fatal work-related injuries and illnesses from selected employers. According to the survey, nursing assistants also faced the second highest number of musculoskeletal disorders (MSDs), which accounted for more than half of the injuries requiring the nurses to take time off of work.

MSDs are injuries to the muscles, nerves and tendons of the limbs and lower back. Nursing assistants and other health care workers often develop MSDs from lifting and moving patients manually on a regular basis, requiring time off work

to recover.

Earlier this year, Public Citizen released a five-part series "Nursing: A Profession in Peril," which showed how nursing employees injured while moving patients suffered lasting chronic pain, depression and reduced mobility. Many of these injuries have devastating and lifelong consequences, even causing some workers to lose their jobs when they could no longer fulfill their lifting duties.

Part four of the series documented that some health care employers have addressed this crisis by implementing programs that replace manual lifting with equipment such as portable lifts and slide boards. Not only do these programs keep workers safe – they also save employers money. Studies show that employers recover expenses within approximately four years of implementation due to factors such as reduced workers' compensation payments for manual lifting injuries.

"Protecting nursing employees from debilitating injuries isn't just the right thing to do; it's the smart thing to do," said Emily Gardner, worker health and safety advocate for Public Citizen's Congress Watch division. "Congress should act immediately to create a nationwide safe patient handling standard to ensure that all nursing employees have safe places to work."

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The Salvation Army Needs Help to Make Christmas Wishes a Reality

Time is flying by and The Salvation Army Angel Tree deadline is just seven days away! As of today, The Salvation Army in Oklahoma City has approximately 800 Angels who have not been adopted off of the Angel Trees. There are almost 3,000 Angels who have not been returned with their gifts.

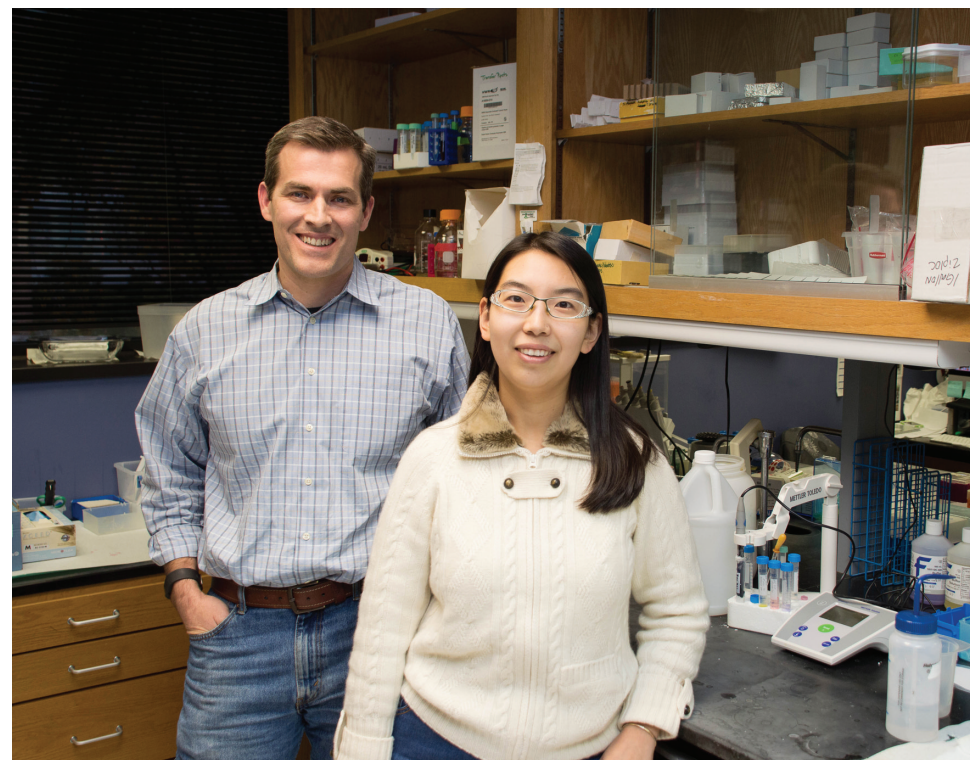
Anyone can adopt The Salvation Army's Angels by visiting the Angel Trees located at Quail Springs Mall and Penn Square Mall. Once the Angel is selected, the fun begins! To help you shop, there is information for your Angel included on the tag such as clothing sizes and gift suggestions. After the gifts are purchased, the Angel is returned to the mall.

"Every Angel tag represents someone in our community who is in need," said Major Charlotte Gargis, Associate Area Commander of The Salvation Army Central Oklahoma. "The Angel Tree is an amazing opportunity for us all to share the blessings we have received with others who are lacking this Christmas."

Please help The Salvation Army make sure that no child is forgotten this Christmas by adopting and returning your Angel today at Penn Square or Quail Springs Malls. The deadline to return the Angels is December 10th. For more information, contact Major Charlotte Gargis at 405-246-1113.



OMRF research sheds new light on effects of aging in knee joints



Oklahoma Medical Research Foundation scientists Tim Griffin, Ph.D. and Yao Fu, Ph.D.

Research from the Oklahoma Medical Research Foundation has identified new culprits that may be responsible for the development of arthritis.

The study found that growing older increases the production of a pair of inflammation-producing proteins. It suggests that targeting these inflammatory proteins might provide a path for future development of arthritis therapies.

The new findings, published in the Journal of Gerontology, provide a snapshot of age-related changes in a crucial area of soft tissue in the knee.

A team led by OMRF's Tim Griffin, Ph.D., and Yao Fu, Ph.D., examined the knee joints of rats as they aged. In particular, the researchers studied the animals' infrapatellar fat pad, the soft fatty tissue that lies beneath the kneecaps of both rodents and humans.

Scientists have known that these fat pads are a source of inflammation in osteoarthritic knees. And they've believed that this inflammation contributes to osteoarthritis, which occurs when cartilage breaks down and wears away.

"It's actually the most common form of arthritis, often affecting the hips, hands and spine, in addition

to the knees," said Griffin. According to the Centers for Disease Control, an estimated 27 million Americans suffer from osteoarthritis.

Griffin and Fu wanted to look specifically at how aging affects inflammation in the fat pads. Griffin says he anticipated that as the animals grew older, the amount of inflammation produced by the fat pad and the size of the animals' fat pads would increase.

"But our findings were not quite what we expected," said Griffin. Specifically, the fat pads actually shrunk while producing higher levels of two inflammatory proteins.

"Our study suggests the fat pad is a contributor to a general increase in knee inflammation that occurs with age," said Fu. This points toward future treatments to limit the inflammation, which might then prevent osteoarthritis from developing.

However, the researchers did find a benefit to aging in biological conditions that simulated an acute injury—such as a fall that causes damage to a joint. In this condition, the older fat pads decreased their production of leptin, a protein secreted by fat that also contributes

One night, she found the courage to leave.
With backpacks, she and her kids took off on foot. From a friend's home, she called a **partner agency's** domestic violence shelter and their lives began to turn around. Then another **partner agency's** school for homeless kids added to their recovery story.



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KNEE

Continued from Page 8

to the break down of cartilage.

“We know there is acute inflammation that occurs after injury and can have long-term consequences,” said Griffin. “This study taught us that under certain conditions aging can actually limit the amount of leptin produced by the knee fat pad. This might help us develop new strategies to reduce post-traumatic osteoarthritis,

a common cause of the disease in younger active adults.”

Janet Huebner, Ph.D., and Virginia Kraus, Ph.D., of Duke University also contributed to the research, which was supported by grants from the National Center for Research Resources (number RR018758), the National Institute of General Medical Sciences (number GM103441), the National Institute of Arthritis and Musculoskeletal and Skin Diseases (number AR066828), and the Arthritis Foundation.

SURGEON JOINS OU PHYSICIANS

Carey S. Hill, M.D., has established her surgical practice with OU Physicians.

Hill is board certified in surgery and surgical critical care. She will provide general and trauma surgical services at the OU Medicine Trauma One Center.

Hill completed her general surgery residency and a critical care fellowship at Oregon Health Sciences University, Portland. She earned her medical degree at Albany Medical College, Albany, New York.

Hill is a member of the American College of Surgeons, Society of Critical Care Medicine and Reserve Officers Association, having served as a surgeon in the military.

Oklahoma's Nursing Times

Hospice Directory

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

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

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

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

Hometown Hospice:

Robin Boatman, Com. Relations, Broken
Arrow: 918-251-6441; Muskogee:
918-681-4440.

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

Freedom Hospice:

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

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 Meredian, 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; Norman: Vol. Coord. Lisa
Veauchamp, 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

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

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

Mays Hospice Care, Inc.

OKC Metro, 405-631-3577; Shawnee,
405-273-1940

McCortney Family Hospice

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

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:

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Physician's Choice Hospice:

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405-936-9433

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Sallisaw: 877-418-1815; Muskogee:
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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

Sojourn Hospice:

Tammy Harvey, Vol. Manager
918-492-8799

Sooner Hospice, LLC:

Matt Ottis, Vol. Coordinator,
405-608-0555

Tranquility Hospice:

Kelly Taylor, Volunteer Coordinator
Tulsa : 918-592-2273

Valir Hospice Care:

Dee Fairchild , Vol. Manager OKC Metro:
405.609.3636 Chandler
Shawnee/Cushing: 405.258.2333 Toll
Free: 888.901.6334

Woodard Regional Hospice

580-254-9275 Cathy Poe, RN Director

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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 have a very difficult time dealing with disappointment. I am determined to make things work even when many obstacles are placed in my path. But after several failed relationships, friendships that don't last and employment struggles, maybe I need to change this behavior. Where do I start?

A. First, put down your hammer. It is time to stop hammering the square peg into the round hole. It won't fit no matter how hard or how long you pound it.

We don't always have control with people and situations in our lives. Even when we think our plan or ideas are the best, sometimes they do not win the opinions of others.

What is it about you that creates the need to control others? Where did this belief come from? If you ever took a psychology class you learned that "all behavior is purposeful and has meaning." All behavior is an offshoot from some experience that we had as children. You developed the need to control situations and people even though this appears to create distress for you.

The positive for you at this point is your insight into the problem. You are not blaming others for life not working out for you. Tolerating disappointments and not reacting to them can be challenging if you do not have much practice. No one enjoys being disappointed. But some people have better coping abilities. If you continue to use your hammer in an attempt to "get your way" you will probably suffer more.

Sometimes the plans we write for ourselves are not meant to be. And that can be a good thing. The job you thought was going to be your dream job, the person you knew was your soul mate or the house you planned on buying did not materialize. You are disappointed but is it possible that something better could be waiting for you.

If we can be in a more mindful place then these life disappointments might not be so devastating. If we are able to tell ourselves that this was just not meant to be. Our plan needs to be rewritten. Plant seeds, water them and step back. Live life more fully and do not try to control every detail. Sometimes good things happen when we are not trying to make them happen. Then you know it is real.

I suggest you invest time in counseling, discover where your control issues come from, begin to practice mindfulness and put your hammer out of reach. Maybe one day, you will throw it away.

Nurses' Confidence and Competence During Obstetric Emergencies Improves with Training

*Research Published in Leading Nursing Journal
Demonstrates Improvement in Obstetric Emergency
Response Following Training and Drills, Which May Help
with Addressing U.S. Maternal Mortality Rate*

According to the World Health Organization, every minute a woman dies from complications related to pregnancy or childbirth, which equates to approximately 529,000 deaths per year globally. The United States ranks worse in maternal mortality than 49 other countries. Postpartum hemorrhage (or excessive bleeding) is the leading cause of maternal mortality in the United States despite being preventable most of the time.

In the September/October 2015 issue of Journal of Obstetric, Gynecologic, & Neonatal Nursing (JOGNN) from the Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) researchers analyzed the effect of obstetric emergency education on nurses at a labor and delivery unit in a community-based hospital.

In "Developing a Systematic Approach to Obstetric Emergencies" Meredith Green, MSN, AGCNS-BC, APRN; Carla Rider, RNC, MSN, MBA; David Ratcliff, MD; and Barbara C. Woodring, EdD, MA, MS, MEd, RN, conducted pre- and post- training surveys of nurses to measure their confidence and competence following obstetric emergency education and training.

"Because nursing staff members are often the first responders to obstetric emergencies, effective preparation and drills must be mastered to help optimize the delivery of safe care," the authors noted. "It is evident that nurses caring for pregnant women need a consistent and systematic approach to delivering maternal resuscitation and managing obstetric emergencies."

The training involved three phases: lecture, direct observation, and practice simulation. Obstetric emergency scenarios included identifying, responding to, and managing cardiac codes, postpartum hemorrhage, emergency cesarean, uterine rupture, prolapsed umbilical cord, shoulder dystocia, operative vaginal birth, and eclampsia.

All 67 registered nurses who participated in the training earned Advanced Cardiac Life Support (ACLS) certification. Comparing pre- and post-measurement, nurse confidence in handling obstetric emergencies increased 35% (from 52% to 87%). Additionally, nurse competence to respond correctly increased by 32% (from 56% to 88%). Implementation of this education program also resulted in cost savings for the hospital's education department.

"Well-planned and well conducted drills further reinforced important information concerning high-risk events, allowing team members to develop skills to improve performance and uncover system errors. Evaluation of the findings from the drills and topics discussed during debriefing also led to refinement in the physical setting, such as creation of emergency supply kits, to support an optimal environment for patient care and safety," explained the authors. "To ensure a consistent and systematic approach to resuscitation of the mother in obstetric emergency situations, response cue cards were developed and implemented as a part of the education offering. Nurses now have response cue cards affixed to the backs of their ID badges that outline their key duties as first, second, and third responders in emergency situations."

"This research clearly demonstrates the value for their patients of obstetric emergency training for nurses," said AWHONN CEO, Lynn Erdman, MN, RN, FAAN. "Nurses provide the first line of defense in caring for women during these emergencies and strongly benefit from the training and practicing for these situations."



NURSE + TALK

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

What do you enjoy most about working for Mercy? Mercy Hospital oncology

"We have the ability to minister to the spiritual side of patient care. And so I think that has been the most rewarding as far as working for Mercy specifically."



Kim Womack, RN,
clinical advocate

"I enjoy being able to take care of my patients and being able to be with them during some of the lowest points in their life. And then the family atmosphere that we have with our coworkers."



Kristin Biggerstaff,
RN, charge nurse

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"I like to take care of people who are sick. Bed side nursing. I feel happy after I work and do something for people."



Loosy Joseph, RN

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Erin Moulton, RN

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