# Oklahoma's Nursing Times

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Working at The Children's Center Rehabilitation Hospital, Travis Barnes, RN is known for his positive attitude and encouraging words.

## by Vickie Jenkins, Staff Writer

Meet Travis Barnes, RN at The Children's Center Rehabilitation Hospital in Bethany, OK. Travis grew up in Oklahoma City attending Oklahoma City University. After a few years as an RN, Travis moved to Seattle, Washington, returning to Bethany, OK, accepting a job at The Children's Center Rehabilitation Hospital in Bethany, OK.

What qualities make a good nurse? "I think a nurse needs to be compassionate, honest, patient, dependable and to sum it up, one hard-working-machine," he replied with a laugh.

Travis says that his favorite part of his job is when the children actually get better and get to leave to go home. "I see the kids come in here, and we get to work with them and then, we get to see them leave. Most of all, we get to see that child smile when the leave for home. It makes it all worth it."

The biggest challenge for Travis is when the unexpected happens. "Being a nurse, we expect that to happen but there is always that rapid change and uncertainty. Sometimes, that can be one of the biggest challenges for me," Travis said.

When Travis was little, he had high hopes of being a professional soccer player or a world traveler. That was going to be his career. Apparently, his parents had other goals for him. He has quite a few relatives in the medical field and they have been for quite a few years. His parents, his older sister, his sister-in-law and brother-in-law put it this way, our family stays See BARNES Page 3

# **Recruiter Showcase**



# Lakeside Physician's Group Receives Award



The Lakeside Physician's Group at Lakeside Women's Hospital in Oklahoma City announced it had been named a 2018 Guardian of Excellence Award® winner by Press Ganey. The Guardian of Excellence Award recognizes top-performing health care organizations that have achieved the 95th percentile or above of performance in patient experience.

The Press Ganey Guardian of Excellence Award is a nationally-recognized symbol of achievement in health care. Presented annually, the award honors clients who consistently sustained performance in the top 5% of all Press Ganey clients for each reporting period during the course of one year.

"We are proud of our physicians and staff here at Lakeside Women's Hospital. They are truly dedicated to delivering exceptional care to their patients," says Kelley Brewer, the president of Lakeside Women's Hospital. "Proof of this commitment is reflected in the positive patient experience feedback we receive on a regular basis."

The award represents an important recognition from the industry's leader in measuring, understanding and improving the patient experience.

# Home sweet home: Couple eases senior worries

## by Bobby Anderson, RN Staff Writer

Over the course of the last 15 years, Bill Muir has held a lot of hands, eased a multitude of fears and moved more than a few boxes.

As owner of Compass Senior Living Solutions, Bill, and wife Karen, focus on the next step for families who are in the midst of making important living decisions.

Do I need an independent or assisted living community?

Will this community help me thrive and get more out of life?

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Bill Muir, and wife Karen, provide guidance and support for seniors needing to make a transition.

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UNIVERSITY OF CENTRAL OKLAHOMA Edmond, OK • (405) 974-5000 • uco.edu/cms/nursing The Muirs answer all these questions and more, offering a oneof-a-kind concierge service in the metro all at no cost to the client.

Muir's business is such that most times he gets a phone call from a distressed family member. Overwhelmed, stressed and under time constraints – the call relays the urgent need for mom or dad, grandmother or grandfather to find a new living situation.

All too often families are asked to make future living decisions within the span of a day or two when their loved one enters the hospital after a fall or sudden illness that makes it apparent they won't be able to return to their home.

"Case managers will say 'here's a list of assisted livings in the area. You need to go visit them and let me know tomorrow which one you want to move your mom into," Bill said. "Boom. It's deer in the headlights."

That's where Compass Senior Living Solutions comes in.

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\* Bill or Karen will meet with you or fill out a brief evaluation

over the phone. They will discuss what changes are going on in your life and determine what type of community will meet your needs.

\* A review of your financial resources and communities that fit your budget comes next. Bill can also search out financial resources that can save you money if you qualify.

\* Finding the area you are most interested in living and choosing three or four communities to tour follows. They will accompany you – or provide transportation if necessary – on tours to help you evaluate the offerings of each community.

The best part is the service is free to families and those who refer to him.

"I'm unbiased and my fees are paid by my communities," Bill said. "Unlike my competitors, both Internet and other local referrals services my rates are all flat.

"I'm the only one like that."

That means Muir is beholden to no one but his client.

And it doesn't end there.

What sets Bill apart is his

See WORRIES Page 5

# BARNES Continued from Page 1

very healthy!

What advice would you give to someone going into the medical field? "I would tell them that going into the medical field has many opportunities and the possibilities are amazing! You do need to stay positive when it comes to patient care. You will have some bad days but if you do, know that the one incident doesn't determine your whole field. Just work hard and know that it is well worth it," he replied. "Just keep a positive attitude, have a good support system and keep your head up," he added.

A typical day for Travis keeps him busy. Travis is a charge nurse and lead staff nurse. One day a week, his work is done at Children's Hospital at OU, working with a pulmonologist, lab work, ventilators, and chest x-rays, etc. "What a great experience working with the doctors. What a great experience and I am learning a lot each day," Travis said.

I asked Travis to describe himself. "Oh, I am a very calm guy, very laid back. I am compassionate, helpful, friendly, patient and a bit comical at times. I guess you could say I am a real humanitarian in general," he said.

Travis is married and has a beautiful 11-week old baby girl who goes by the name of Ingrid Magnolia. Travis likes to spend time with his family and enjoys all sorts of sports. "I like fishing but I just enjoy the outdoors." Travis still holds on to a bit of his little boy dream and continues to play soccer and would still like to be a world traveler. "My wife and I would like to do some international traveling. I enjoy helping others out and I am an advocate for the little guy. I am a person others can rely on and a true advocate for society," he added.

Along with work, family life and a little spare time, Travis has 5 pets to take care of; 3 dogs and 2 cats. "You wouldn't want a cat, would you?" he asked.

Asking Travis if there was a funny incident or a funny story about himself that he would like to share, he paused for a moment and said, "Well, my car broke down on the way to my wedding. The problem was the fact that the timing belt went out. I wasn't too late to my wedding and everything worked out, obviously. I can laugh at it now. At the time though, it wasn't very funny," he said with a smile.

If you were to sum up your life in one word, what would it be? "Resilient." Last but not least, what is one thing that you would like for a Christmas present this year? "I would want my daughter to sleep more than 2 hours," he said with a laugh. "I am pretty sure my wife wants the same thing for Christmas too."



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# HAYLIE ALEXIS blessed us

every second of every day. She was full of laughter, smiles and so full of life. She was the sunshine of our day and had a heart of gold. She was a blessing to everyone that she knew.

Only God knows why she was taken from us so soon. She will forever be in our hearts guiding us through each day. We will always hold her close and forever love her with all that we have.



 Haylie is a hero, not only to her family and friends but also to the people that she helped in her short life and to those she continues to help through her gift of donation. 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.



# **PASSION IN NURSING** FORMING LIFE FOUNDATIONS: SOUTHERN NAZARENE UNIVERS

by Vickie Jenkins - Writer/Photographer

Walking into one of the offices at Southern Nazarene University there is a friendly individual waiting for me. She is Angela Ramey, PHD, RN, and Assistant Professor, who also goes by the name, Angie to her friends, but most of all, Dr. Ramey, as she is called by her students.

Angela grew up in Mustang, Oklahoma. She has been a nurse since 1985, working in several hospitals over the years. Her first experience as a nurse was at University Hospital, (now known as OU Children's Hospital) along with working at Deaconess in the birth center for 14 years. At one point, she decided to go back to school. She received her Master's degree from OU in 2016. "It's been a long journey but I am happy where I am today and I love teaching the students," she commented. "Currently, I am

teaching a combination of Maternity Nursing and Pediatric Nursing. This semester, I have about 34 students in my class. They are all eager to learn and I see compassion and concern in all of them. I have a good feeling about these students," she said with a smile.

What advice would you give to someone going into the medical "I would tell them that field? school is very challenging but also, tell them to stick with it, study hard and absorb all the information you can and when you get out in the field, you will be able to use that information. You will know how to care for a patient. Sometimes, you might feel like it is too much to learn but in the long run, there is a reason for it all," she replied. "All of your hard work will pay off and it will all be worth it," she added. Angela's favorite part of her job

is spending time with the students. "The students present a wide array of personalities. Most students here have great success," Angela commented.

What is your biggest challenge about your job? "I think the biggest challenge is the hours it takes to perform the job at hand. The schedule is very challenging and there are a lot of hours to complete all the tasks, but somehow, it always works out," she said.

Asking Angela to describe herself, she replied, "I'm a person that is very particular in the way things are done. I have a value system that I developed over the years. What is my value system? My system is putting God first, family second and other activities third. It's a great system. I love being with my family; husband, two daughters and four

grandchildren. Sometimes we get to travel, going on trips together. I have enjoyed my years learning and I feel blessed to have been able to attend the schools that I have, receiving the education and I definitely like passing that information to my students. I am blessed in so many ways," she replied.

Angela is a strong leader when comes to teaching. "I am it not a very strong leader when it comes to my personality but when it concerns the students, I am definitely a leader. I have to take hold of the reins and teach the students the best way that I am able," Angela said.

What motivates you to teach? "Most of my motivation comes from God. I feel like my being a nurse is a calling from God and I am serving Him in what I do," See SNU Page 5

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Angela Ramey, PHD, RN, and Assistant Professor at Southern Nazarene University.

# SNU Continued from Page 4

Angela stated.

When Angela was attending school, during her PHD program, she had two notable mentors. "These two people were definitely guiding me the whole time, "she said. "My primary mentor is Carol Rogers, PHD, RN, Assisted Director of Geriatric Training Programs, Assisted Professor, at OU and secondary, Karen Rose, PHD, RN, FGSA, FAAN McMahan-McKinley, and Professor of Gerontology in Knoxville, Tennessee. They both mean so much to me," she stated. Angela is happily married and will be celebrating her 40th anniversary very soon in 2019. She enjoys spending time with her husband, two daughters and four grandchildren, Tucker 12, Paisley 11, Hadley 7, Hutson 6 and not to forget one more grandchild on the way. She enjoys traveling, listening to music; country, rock and roll, and gospel choirs. She also likes playing classical music on the piano. Angela possesses many talents.

Angela lives her life by the Bible. Other words that inspire her come from her parents, her husband, her pastors and those that she looks up to in her profession.



# WORRIES Continued from Page 2

experience from the other side of the door working for communities in the metro. He spent the last 15 years marketing senior living communities.

"I know the information those assisted livings need and I know where to go get it," he said. "Most assisted referral resources just spread names, point people in the right direction but they don't do the most important part which is holding that family's hand and helping them navigate through this whole thing all the way through move-in process.

"My service doesn't stop when I connect them with a community."

Move-in day is a big one not only for families but Bill himself.

He's there early to make sure promised arrangements have been made.

He's making sure medications are in place and ready to be dispensed and care plans have already been established by providers and are ready to go.

"It's making sure those families are getting everything these communities advertise," Bill said. "That is my goal, to provide that piece that is really missing."

Bill also utilizes his sister, Vicki Muir – a 30-year case manager and social worker.

In addition, he's a licensed long-term care insurance agent who no longer sells products but helps clients navigate the lengthy process of filing for benefits.

Uncovering forgotten aid and attendance benefits is another service Compass provides.

Over the past decade Internet services claiming to help find a place for mom or dad, have sprung up. It's often a one-way street.

Muir's service overlaps so many professions. He's part real estate agent, counselor, confidant, life coach and negotiator.

He's been there as people have agonized over decisions and he's also seen the worry melt away with the right fit.

"It's a transitions program but that's an overused phrase now," Bill explained of his service in a nutshell. "That's the real difference in what I do is I make that transition all the way from first contact until after the move-in."



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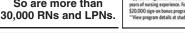
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# OMRF discovers potential therapy for age-related muscle loss

We all lose muscle as we age. For now, there's no treatment to stop it.

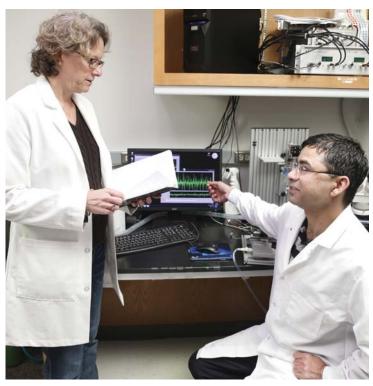
But a discovery by Oklahoma Medical Research Foundation scientists Holly Van Remmen, Ph.D., and Rizwan Qaisar, Ph.D., could open the door for the first drug option to treat age-related muscle weakness and atrophy.

Van Remmen, who leads OMRF's Aging and Metabolism Research Program, wants to keep people "stronger for longer." Her work focuses on age-related muscle loss called sarcopenia. "Currently, the only proven ways of minimizing muscle loss are diet and exercise, but they only work for so long, even in the healthiest individuals," she said.

Working with mice genetically engineered to develop sarcopenia, Van Remmen and Qaisar treated the rodents with a compound called CND1163. The experimental drug has previously been used in studies of insulin resistance and Parkinson's disease, and it works by stimulating a calcium-pumping system involved in muscular contractions.

"Our idea was to use a drug to activate the pump in situations where there's already loss of muscle mass," said Qaisar. "The question was whether we could make this effect less dramatic."

That's exactly what happened in the mice. The results showed that



Oklahoma Medical Research Foundation scientists Holly Van Remmen, Ph.D., and Rizwan Qaisar, Ph.D. See THERAPY page 10



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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

# THERAPY Continued from Page 8

muscle atrophy was diminished and muscle function improved as a result of the CDN1163 therapy.

The scientists are now studying how this drug affects muscle loss in mice who age normally. The ultimate hope would be to use the compound or a related one to help prevent muscle loss in people as they age.

"Muscle loss and weakness are the main causes of dependency in the elderly, so developing a way to prevent that would be a significant breakthrough," said Qaisar, who received a national Diamond Award from the American Federation of Aging Research to continue the promising work.

The new findings were published in Redox Biology. The research was supported by an Irene Diamond Fund/AFAR Postdoctoral Transition Award in Aging, grant No. AG051442-020 from the National Institute on Aging, and a Senior VA Research Career Scientist Award from the Department of Veteran Affairs.



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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. Is it possible to meet someone, date them for awhile and not realize that person is a narcissist? My friends tell me they think Brad is a narcissist. He can at times take over the conversation and make it all about him and he accepts no responsibility for the breakup of his marriage. Maybe I need some help identifying someone who is a narcissist.

**A.** Narcissistic Personality Disorder (NPD) is a condition where a collection of personality traits associated with the ego have become oppressive and the more traits that are present at the same time, the higher up the narcissist scale a person becomes.

Karen, here is a list of 9 traits of narcissistic personality. Compare this list to what you see and hear in Brad's personality:

- 1. GRANDIOSITY Exaggerated sense of self-worth.
- 2. SUCCESS Dreaming and fantasizing of success.
- 3. UNIQUENESS Whole-heartedly believes they are unique.
- 4. ADMIRATION An overwhelming need to be admired.
- 5. ENTITLEMENT Expects favorable treatment.
- 6. EXPLOITATIVE Will manipulate and take advantage of others.
- 7. LACK OF EMPATHY Uncaring for the feelings of others.
- 8. ENVIOUS Believes people are envious of them.
- 9. DOMINEERING Can come across as very arrogant.

Many of us show some of these traits to various degrees and this is part of who we are as human beings. Those who show multiple traits and specifically five or more together, however, are those who are truly narcissistic.

Karen, one of the most damaging of all 9 traits is lack of empathy. This can often be presented as a subtle lack of caring for others and their feelings but in reality, narcissists have NO true feelings for others, NO guilt, and NO remorse. They are great manipulators. They can spot the needs, emotions, and weaknesses in those around them and use this information to their advantage very quickly with NO sense of regret.

Karen, I would suggest you listen to your friends and your gut. Brad will never change. Narcissists do not go to therapy to "work on their issues." because they DO NOT HAVE ISSUES TO WORK ON !! They believe everyone else has issues.

Do some reading and suspend dating Brad while you are fine tuning your narcissistic radar. I have had conversations

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I think we need to make

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We need a better definition of nursing I think I'm excited this has been brought to the forefront. I've been bitten something thrown at me



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