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For NP



Kem Scully, RN, BSN, MHA, CEO/CNO gives her full attention to the staff and patients at Purcell Municipal Hospital as she makes her daily rounds.

by Vickie Jenkins, Staff Writer

Purcell Municipal Hospital has been serving Purcell and surrounding communities since opening in October, 1970. They are a Medicare certified facility licensed for by the Oklahoma State Department of Health for 39 in-patient beds.

The advances in medicine and strides in technology provide the local communities access to better healthcare every day. Purcell Municipal Hospital offers an Emergency Department staffed with physicians 24 hours per day, 7 days per week.

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Meet Kem Scully, RN, BSN, MHA and CEO/CNO at Purcell Municipal Hospital in Purcell, OK. Kem's life has been busy ever since she can remember. "Nursing is actually a second career for me. worked in the oilfield and hazardous waste Industries for 15 years, then went back to school and graduated with my BSN in 2006," Kem said.

Growing up in South Louisiana, Kem went to nursing school at Nichols State University in Thibodaux, LA. "I knew that I wanted to take care of others and my first job as a nurse was in the ER. I knew that this was the place for me," she said.

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students, the struggle is real



St. John Medical Center's Shelby Pope, RN, BSN, is pursuing her advanced practice nursing degree.

by Bobby Anderson, RN, Staff Writer

Your friends, your coworkers, people you went to nursing school with - odds are that at least somebody in your circle is going back to school to pursue their advanced practice degree.

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STRUGGLE Continued from Page 1

With interest at an all-time high that means nurses in the region are competing with one another for clinical spots and preceptorships already in short supply.

For so many Oklahoma nurses, the struggle to find placement for those needed hours to graduate is real.

Message boards and Facebook groups are lit up with people trying to make and leverage contacts.

Shelby Pope, RN, BSN was one of those students frantically searching and she has some advice.

"Definitely do not wait until the last minute," the St. John nurse and current student said. "Start Day One finding out everything you need for your clinical site requirements."

Pope originally started pursuing her degree online through the University of South Alabama.

When it came to finding preceptors to clock the required clinical hours she quickly found out she was on her own.

Her school offered no support in obtaining placement, only a laundry

(AGACNP)

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list of requirements.

"I knew it was going to be a fight to find preceptors," Pope said. "At first I tried to call and that got me absolutely nowhere. I reached out on social media but there was nothing solid."

Honestly, I just Googled all the clinics and the specialties I needed for everywhere in Tulsa and Bartlesville. I made a list and printed it off."

With no luck she decided to hit the pavement.

She visited 70 different clinics. Most she couldn't get past the reception desk. Responses varied.

Some providers were booked for a year - even two years - out for students.

Others simply weren't taking NP students at all or had had a bad experience with their last student.

The issue of how to deal with the front desk intrigued her.

She created welcome packets that included her resume, her clinical documentation requirements, a letter to the provider and a professional photo.

And a box of bakery cookies and fresh assorted donuts didn't

hurt either.

"Food always works for nurses," Pope said.

The photo idea, which came much later, proved to be the turning point.

She got three responses and placement.

"Maybe it's everywhere but I really feel like living so close to Tulsa or OKC its very saturated with students," she said. "Just to be frank, a lot of bedside nurses are trying to get out of acute care because of the circumstances. There's high patient ratios. Big industries are buying out hospitals and we're not liking what we're seeing in the health care industry."

"A lot want to get in a slower paced, safer environment. My colleagues, they're tired. I don't agree or disagree but I think that might be a reason why there are so many students."

And the demand has universities opening up online programs right and left, creating tension among NP students.

Pope has since switched to the University of Tulsa's doctor of nursing practice career path. Pope enjoys the fact that TU secures all her clinical placements through her expected graduation in 2021.

Until then, Pope is currently looking for an RN staff position in primary care, urgent care or public

health in the Tulsa/Bartlesville area.

She worked five years as a neuro nurse at the St. John Heyman Stroke Center in Tulsa before moving to the float pool, where she now goes to nearly every unit in the hospital.

"I always thought I would go to med school," Pope said. "I was in the Army and that was my life plan for the Army to pay for med school."

But life happens and so did pregnancy. Seven years later her daughter made her rethink her priorities.

"She changed my perspective on things and I wanted to get into a position where I could provide for our family quicker," she said. "I feel God pushed me into that course because I actually love nursing now. Being in a clinical role and seeing providers I think I definitely chose the better route."

Her time on the stroke floor only emboldened her thoughts of advancing her practice. Her physicians pushed and prodded her as well.

"Once I got to the point where I saw the patient and knew what they needed, I knew I needed to become a provider," she said. "I had that skill set already, working in acute care. I've seen a lot of residents with that wide-eyed look. Being a bedside nurse to begin with really is so essential."



www.okcu.edu/nursing



SCULLY Continued from Page 1

Asking Kem what she wanted to be when she was a little girl, she replied, "I wanted to take care of animals. Not necessarily a veterinarian but more of the veterinarian tech. I wanted to actually provide the care and give the love. I guess I didn't get far from that," she added.

Kem wears a lot of hats when it comes to Purcell Municipal Hospital where she goes by the title of CEO/CNO. Kem's favorite part of working at the hospital is the diversity that comes with it. "I like the many different opportunities that arrive every day and just the variety that I deal with. My biggest challenge is navigating the world of healthcare reimbursements. Sometimes, that can seem so distant," she replied.

What are the qualities of a good nurse? "I think a nurse needs to be kind, considerate and passionate. Another important quality is to be a critical thinker,"

Kem added.

"One of my first jobs in the medical field was a clerk in the ER. That is when several nurses mentored me which ignited a passion for patient care. After becoming an RN, I worked with a Risk Manager and a Chief Nursing Officer who led by example and shared their knowledge every day," Kem said. "Later on, I think by me being a nurse might have rubbed off on my kids a little. "I have two sons and one daughter-inlaw that are RNs," she said with a smile.

Motivation comes easy for Kem. "My motivation to go to work every day is the simple fact that I have a desire to make things better; making a difference in the lives of others," she stated.

Even though Kem's days are officially Monday through Friday with administrative on call duties, realistically she works in some "I make daily manner daily. rounds through the hospital which allows me to stay in contact with the patients," she pretty awesome!

What is the greatest reward that you receive from your job? "I have been afforded the opportunity to connect with people and to watch others grow and flourish; seeing others happy is the greatest reward," she replied. "It also helps that I work with great people. I am surrounded by a wonderful team; all striving to make each day better than the day before."

Kem, where do you see yourself in 5 years? "When you are surrounded by people with 15, 20, 25 years at an organization, you know you are working for a good place; you want to stay right where you are. I'm sticking around."

On more of a personal note, Kem has been happily married for 32 years. "I married my high school sweetheart," she said. She enjoys spending time with her family; 3 boys, 3 daughters-inlaw and 1 grandchild. Her pets consist of horses, chickens, cattle and a puppy. Kem's life sounds

I also asked Kem what is the one thing that she wanted for Without hesitation, Christmas. she said, "I've reached a stage in life where all I want is for my family to be able to spend time together. "

Kem's life is COMPLETE as she shared the daily words she lives by: 'I can do all things through Christ who strengthens me.' Philippians 4:13.

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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

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PASSION IN NURSING OH, BLESS YOUR HEART: THE OKLAHOMA HEART HOSPITAL

v Vickie Jenkins - Writer/Photographer

The Oklahoma Heart Hospital (OHH) patient care is at the heart of everything they do. This physicianowned hospital was designed to ensure that patients receive expert, individualized care with the utmost comfort. OHH is the first of its kind in Oklahoma and the first all-digital hospital in the United States.

OHH has two locations, the North and South hospital campuses, as well as a network of more than 70 cardiovascular specialists at more than 60 clinics and two hospital locations across the state. The research foundation facilitates clinical trials of the latest medication, devices and procedures, keeping OHH at the cutting edge of advancements in heart health.

One of the many specialists at OHH is Mohammad K. Ghani, M.D., F.A.C.C. Inside his office, you will find Raechyl Fuller, RN.

She begins to tell me how much she enjoys working at Oklahoma Heart Hospital. With a smile and friendliness about her, it is obvious that she loves her job.

Growing up in Okeene, Oklahoma, Raechyl attended college at Northern Oklahoma College in Stillwater, OK. "I've been a nurse almost five years now. My first job as a nurse was at Mercy, then a job at Orthopedic Associates for about four years. Last year, I had an opportunity to work here at OHH. I am happy to be a part of such a hospital. I like working for Dr. Ghani and I have learned so much since I came to work here. Dr. Ghani is nice and he is a great teacher." Raechyl stated.

"There are several members in my family that are in the medical field. We don't have to worry about getting sick. We are covered," she said with a smile. "Actually, when I was little, I knew that I wanted to be a nurse. I was always helping my mother take care of things. I suppose my whole family influenced me to be nurse in a lot of ways. I also knew that nursing offers many different opportunities," Raechyl commented.

What qualities make a good nurse? "I think a nurse needs to have plenty of compassion, be a team player, a good communicator and have great trust between all of their co-workers," she replied.

"One of the favorite parts of my job is connecting with the patients. It makes everything a little nicer. Sometimes, I work in phone triage and that can be a little challenging at times. Later, I finally get to see the patient that I have been talking to, we talk a little more and I really get to know them pretty well. It's kind of like we are all a big family. My biggest challenge

when doing triage, is trying to ask the right question without actually being there. It can be as serious as chest pains and getting them the care that they need right away."

What advice would you give to someone going into the medical field? "I would tell them to do observations, if they can, so they can get a base of what they will be doing. Also, if they do become a nurse, join a good study group; they are the best! Going to nursing school is a real eye-opening experience. It changed my ways of studying. It's good if you can have first-hand experiences," she replied. "My parents always showed me how to have good work ethic and I believe that I am where I am today because of them."

Raechyl says her motivation comes from the desire to help others. "It is like it was instilled

See FULLER Page 5



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Raechyl Fuller, RN enjoys working at the Oklahoma Heart Hospital, North Campus in Oklahoma City, OK. Working in Dr. Mohammad K. Ghani's office, the nurse's work together to give the patients the best care possible.

FULLER Continued from Page 4

in me. I love the feeling of accomplishment and setting goals and reaching them. I also think that when someone works in the medical field and you are surrounded by others in the medical field, you've got co-workers with the same high standards."

Raechyl married her high school sweetheart, is happily married and enjoys spending time with him. Her hobbies include running and walking her two dogs, Izzy and Skye. "I also like to travel and my sister and I get together and plan our trips. We go somewhere different each year. In fact, we like to travel so much, we both got a little tattoo of an airplane. We are already saving our money to go to the 2020 Olympics; one of my all-time dreams," she said.

Raechyl's Christmas plans? "I plan on visiting my sister and spending lots of quality time baking, like we do every year. That's one tradition that my sister and I enjoy and will continue to keep."

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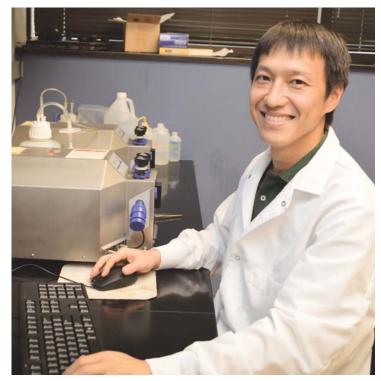
Oklahoma Medical Research Foundation scientist Bumsoo Ahn, Ph.D., has been awarded an Irene Diamond Fund/AFAR Postdoctoral Transition Award in Aging.

The award, presented by the American Federation for Aging Research (AFAR) with support from the Irene Diamond Fund, will provide \$120,000 in research funding to Ahn, a postdoctoral fellow studying age-related skeletal muscle weakness at OMRF.

AFAR is a leading nonprofit dedicated to advancing healthy aging through biomedical research. The goal of this program is to provide portable and flexible transitional funding for senior postdoctoral fellows as they transition to faculty positions. The award provides full-time research training and grant support.

"By giving these postdoctoral fellows this extra boost at a critical moment in their career path, AFAR is helping create a research pipeline that is essential to advancing better therapies for age-related diseases and discoveries that will help us all live healthier and longer," said AFAR Executive Director Stephanie Lederman, Ed.M.

At OMRF, Ahn works in the Aging and Metabolism Research Program under the guidance of Holly Van Remmen, Ph.D., looking at hormone administration as a therapeutic strategy for age-associated skeletal muscle weakness. Specifically, he studies unacylated ghrelin, a hormone naturally released by the stomach that signals you to eat. This hormone has unknown effects on skeletal muscle, but Ahn and Van Remmen found that when it was elevated in blood, it increased muscle mass.



Oklahoma Medical Research Foundation aging researcher Bumsoo Ahn, Ph.D. See AWARD page 10





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- 2. Sapulpa Campus 918-224-9300

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www.gctech.org Shawnee Ph: 405-273-7493 Ext 291

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Oklahoma State University

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

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

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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

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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 2. Lawton Campus Phone: 580-477-7830 3. Elk City Campus Phone: 580-477-7830
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Oklahoma Christian University www.oc.edu

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

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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 Lawton Campus Ph: 580-591-8094

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.

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- 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

AWARD **Continued from Page 8**

Ahn earned his Ph.D. at University of Florida. His academic focus was respiratory muscle weakness in in debilitating disease, including heart failure and cancer. "I am honored to receive this award," said Ahn. "This funding will provide me with a real opportunity to push my research forward and make a difference for our aging population."

Doak Applauds Ruling that Overturns Affordable Care Act

Oklahoma Insurance Commissioner John D. Doak is praising the ruling by a federal judge that the Affordable Care Act is unconstitutional. Judge Reed C. O'Connor said the tax bill passed by Congress in Dec. 2017 effectively rendered the entire health law unconstitutional because it eliminated the penalty for not having insurance. O'Connor, judge of the United States District Court for the Northern District of Texas, ruled that without that penalty, the law was no longer valid.

"I applaud the decision by Judge O'Connor to rule that the ACA is unconstitutional," said Doak. "It offers an opportunity to refocus efforts on choice, affordability and consumer protections, elements that have been absent in the marketplace since the inception of the ACA. Whether the ruling is upheld through the appellate process or not, it is now time to apply sensible free market alternatives and fix the ACA problems legislatively. Part of this strategy should be the promotion of consumer alternatives such as association health plans and short-term limited duration plans."

The administrator of the Centers for Medicare & Medicaid Services, which oversees federal insurance exchanges, said the ruling will have no impact to current coverage or coverage in a 2019 plan. An appeal is expected in the case which will likely end up in the Supreme Court.





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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 graduated from college, got a full time job, affordable apartment, pay my bills and have a five year plan to pay off my student loans. I like my job and the people I work with; I have a social life but I keep thinking......"Is this my life?" Something is missing. I need your suggestions. --- Amber

A. Amber also shared the following story: "I was so lucky while I was in college that I had the opportunity to study abroad. I spent one semester in France. I knew while I was there that I could see myself living in that beautiful country. I kind of put it on the back burner after I came home and focused on school, work and studying."

"Now that I have graduated I have checked off all the boxes and feel proud of my accomplishments but I still feel very unsettled. And the thoughts of France keep popping in my mind."

"It seems totally unrealistic and irresponsible to move to France when I have debt I need to pay off. But the thought of going to work everyday, coming home and doing it all over again doesn't seem to be working for me. Maybe its not even France, maybe I could think about getting my masters, challenging myself. I have always been a very goal driven person."

What is important about Amber's story is her desire to grow, to color outside the lines but she has developed the belief that being responsible means you "you color inside the lines." But its not working. She has checked off all the boxes on her old check list. But it appears she needs a new check list because she is stuck and showing symptoms of depression.

I shared with Amber my friends story: Janice wanted to be a nurse but her parents wanted her to be a lawyer. She went to law school, passed the bar, got her first job and hated being a lawyer. Prozac was not going to solve this problem. Janice went to nursing school, found a great job and also found a good life.

Amber this is YOUR LIFE and you have limitless possibilities. Don't continue on a path that isn't working when another path is available. Make your new check list and see what it looks like. Use a crayon! Write it on a napkin. Change can be a little scary but a little scary just might be worth it!!!

NURSE - TALK

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