Oklahoma's Nursing Times

Recruiter Showcase



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At Brookdale Home Health, you will find a friendly staff and excellent nurses; especially T.J. Jones, RN and Case Manager, who loves caring for others.

by Vickie Jenkins

Meeting one of the friendliest, happiest nurses that I have ever interviewed is T.J. Jones, RN, and Case Manager at Brookdale Home Health. It's easy to understand why she loves her job and why her patients love her.

Growing up in Denver, CO, T.J. moved to Oklahoma City, OK with her parents in 2007. "My parents had to relocate at that time so I came with them," she said. "I still go back to Denver quite often. It's always nice to go back, visiting my home town, seeing family and friends," she added.

Asking T.J. what qualities make a good nurse, she replied, "I think nursing is a talent; people have talent in their eyes when they see art, creative hands, making sculptures, vocally when they sing, and a nurse having a desire to care for others, putting the other person's feelings first. It's a gift of seeking growth within you, admiring and inspiring for that growth. Being a nurse is a talent."

What did you want to be when you were a

little girl? "I didn't even think about a nurse at that time. I just knew that I would be a model," she laughed. "When I was in middle school, my grandmother moved in with my family. As I watched my grandmother's health fail, I noticed how much my parents struggled to take care of her. I saw how they searched for a place for her to stay when they could no longer care for her. After she died, it had a big effect on me. I decided that I would be a nurse and take care of others the best I could. I am glad I made that decision because

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Nurses day at capitol set

by Bobby Anderson, RN, Staff Writer

Nurses across Oklahoma are again getting ready to attend the Oklahoma Nurses Association's annual Nurses Day at the Capitol.

Each year the ONA organizes Nurses Day at the Capitol in order to help support nurses in having their voices heard in the legislative process.

On February 26, the day will begin with an informational session at the National Cowboy and Western Heritage Museum, 1700 N.E. 63rd St., in Oklahoma City.

ONA encourages all nurses and nursing students to get involved in the legislative process by attending Nurses Day at the Capitol. The day begins with an informational session held at the National Cowboy and Western Heritage Museum in Oklahoma City, followed by an opportunity to go to the Capitol and talk with legislators. You will have the opportunity to:

•Hear legislative experts, legislators and ONA's Lobbyist.

•Talk with legislators concerning the issues vital to ONA and the nursing profession.

•Increase your awareness of the role nurses play in the political arena.

•Voice your concerns regarding legislation affecting nursing practice, patient safety, preventive care and health education as well as Oklahoma's health status. A TRUSTED VOICE

Again, more than four in five Americans (84%) rate the honest and and ethical standards of nurses as "very high" or "high," earning them the top spot among a diverse list of professions for the 17th consecutive year, according to annual Gallup survey.

At the same time, members of Congress are again held in the lowest esteem, as nearly 58% of Americans



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say they have "low" or "very low" ethical standards. Telemarketers join members of Congress as having a majority of low/very low ratings.

Gallup has measured the public's views of the honesty and ethical standards of a variety of occupations since 1976. While the list changes from year to year, some professions have been included consistently over the past four decades.

With the exception of one year, 2001, when firefighters were on the list after the 9/11 terrorist attacks, nurses have far outpaced all other professions since they were added to the list two decades ago. Before 1999, pharmacists and clergy members were frequently the most-highly rated professions for their ethics.

Majorities of Americans also rate four other professions as having "high" or "very high" honesty and ethical standards in the Dec. 3-12 poll: medical doctors (67%), pharmacists (66%), high school teachers (60%) and police officers (54%).

With that in mind, Nelson says nurses collectively carry a strong voice when it comes to health care issues.

"There are a couple of ways for nurses to get involved," ONA Executive Director Jane Nelson said. "One is to attend Nurses Day at the Capitol and the second is to stay in touch with ONA. Nurses can stay in touch by being a member."

"As a member they will receive emails about Legislative issues and what needs to be done, they can also serve on an ONA committee in addition to serving as Nurse of the Day."

The day serves as an opportunity for nurses to both educate and be educated on how their profession is affected by legislation.

It's also a chance for legislators to put a face with the people they are impacting.

"We want to see nurses out there working on issues that relate to nurses. Whether it's an LPN, RN or advanced practice nurse, they tell those stories the best," Nelson said.

As a professional organization, the Oklahoma Nurses Association is a community of nurses from all specialties and practice settings that empowers nurses to improve health care.

Each year, the ONA organizes a single day to arm nurses with the necessary information and give them the opportunity to discuss those issues with policy makers along with legislative priorities.

You can register online at oklahomanurses.org or call 405-840-3476 for more information.

JONES Continued from Page 1

I can't imagine doing anything else with my life," she replied.

A big part of T.J.'s life was when she went to nursing school. Her mentors at that time? "My parents were always my biggest supporters and I don't know what I would have done if they hadn't been there for me. Also, I had a very special friend in nursing school; her name was Cheryta Lane. She was always there for me in the ups and downs. She helped me in so many ways. It's important to have someone you can count on," T.J. replied.

T.J.s favorite part of her job is caring for the patients and getting to know each of them in their own way. Her biggest challenge? Being an introvert. "I try to be more open with people but sometimes, communicating with them can get in my way. I guess you could say that I am working on being an extravert," T.J. commented.

What advice would you give to someone going into the medical field? "I would tell them to be certain, absolutely sure that this is their true desire. They would need to know that being a nurse is a gift. To be a nurse, they would need to listen to their patients and their peers. If they go into home health, know that there is a lot of traveling going to and from the other facilities and the patient's homes. They need to realize they will be dealing with all types of people and environments. Make sure you are comfortable with the patient," T.J. replied.

On a personal note, when not working, T.J. enjoys spending time with her two daughters, A.J., eight years old and Khylynn, five years old, along with her third daughter, Jasmine, their four-legged Pit Bull.

T.J.'s hobbies include shopping, spending time making You Tube videos with her daughters, reviewing toys, playing dress-up, along with all of the play make-up added for that glamorous look.

In school, T.J. ran track, going to Nationals twice in long-jump. "I really miss those days," T.J. said. "I really enjoyed it. I'm not sure I could do it now though. I still like to participate in all of the different walks for good causes and you know, Oklahoma has quite a few," she added. I asked T.J. to describe herself. "Well, she said, "I am a very compassionate person. I am a loving and kind person and I consider myself a good leader. I know it sounds cliche but its true, in order to be a great leader, you need to be

I asked T.J. to describe herself. a follower first. That is how you ell, she said, "I am a very learn. Last but not least, I enjoy passionate person. I am a loving just having a good ole fun."

Summing up T.J.'s life in one word, that would be, "UNPREDICATABLE," T.J. answered with a smile.



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When Baylor was two years old, her parents took her to the Emergency Room where she was diagnosed with acute liver failure. Within three days of the diagnosis, she was listed for a transplant. Waiting was agonizing for her parents as they watched Baylor fight for her life. Just one week later, Baylor received a new liver. Her family is grateful for her miracle transplant and do not take a moment together for granted.

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CAREERS IN NURSING KEEPING THE BALANCE - BELLEVUE HEALTH AND REHAB

In an age where the health care field is dominated primarily by large multi-family corporations, Bellevue continues to stand out as a true family-owned and operated business. The closeness and approachability of the Thompsons (the owners) ensures pleasant working conditions for staff and an easy, caring atmosphere for residents and guests of the nursing and skilled facilities.

Families of patients and residents are pleased to be able to enter the facility with ease, and to be welcomed into an environment where visits from children and pets are not only accepted, but encouraged. Patients and residents all benefit from the added excitement. Every single day of the year, there is at least one Thompson member on site. Most days, there are many. It's that special attention to the individual human being that sets Bellevue apart from the rest. by Vickie Jenkins - Writer/Photographe

Here at Bellevue, you will find Stacy Hudson, LPN, Assisted Director of Nursing. With a friendly and outgoing personality, it's easy to see why she was recently Employee of the Month. Stacy tells that she has been a nurse for 20 years, spending the last year and half here at Bellevue. "This is a great place to work," she said. "The Thompsons are the nicest people. You couldn't ask for a better family to work for. They make it easy to work for them, making the staff feel appreciated. They have such a big heart for all of us, along with the residents. " she added.

Stacy grew up in a town outside of Indianapolis, Indiana and moved to Oklahoma when she was ten years old. "My parents got transferred when they worked for Southwestern Bell. Did anyone influence you to be a nurse? "Yes, my younger sister who was and still is a nurse, two instructors when I went through nursing school and my childhood longtime friend. Even at the age of five, I wanted to grow up to be a nurse. I remember when my best friend's grandmother made cookies for all the kids in the neighborhood. We all loved her so much. She ended up going to a nursing home. Of course, my friend and I didn't realize what happened but we knew we were sad when we couldn't see her anymore. It was at that time, my friend and I faced each other, repeating, 'cross my heart, hope to die' sealing the promise we had just made to each other; we would both grow up to be nurses! That was a long time ago. My friend lives in Minnesota now but to this day, we are both nurses. Guess we kept our promise to each other," she said with a laugh. With her longtime friend, her sister and a few instructors in nursing school, these are the people

that influenced Stacy to be a nurse.

What are the qualities of a good nurse? "I think a good nurse needs to have a positive relationship with the staff and residents, good time management, be detail oriented, knowing how to care about others, have a heart for the residents, care about what you do and have the ability to listen," Stacy answered.

When I asked Stacy to describe herself, she said, "I am very independent, strong minded person. I like to have fun and laugh. I enjoy fishing and camping and spending time with my family."

"My advice for someone going into the medical field is to take the good with the bad, the ups with the downs, just know that there are all kinds of emotions in the medical field. You have to have a heart for it and each nurse has a specific calling of their own and you will See HUDSON Page 5

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Stacy Hudson, LPN wears many hats as the Assisted Director of Nursing at Bellevue Health and Rehabilitation. Her main focus is taking care of the residents.

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know it when it happens," Stacy commented.

Stacy's favorite part of her job is taking care of and getting to know the residents. Her biggest challenge is keeping the balance of keeping the residents and their families happy, along with keeping the staff happy. Although that can be a little rough at times, she always seems to manage to keep the balance.

Stacy enjoys spending time with her two sons, 23 and 19 and playing with her two dogs; one black lab and one mini-pin. She enjoys fishing, camping and taking care of her yard. She travels to Minnesota quite often to visit her family and friends. Stacy's words of wisdom that she is known to say every day; "The sun will come up tomorrow. Tomorrow is a new day, be happy!"



My Thoughts: Oklahoma needs more registered nurses with bachelor's degrees, not fewer

by Shelly Wells, Ph.D., chairwoman of the Northwestern Oklahoma State University Division of Nursing

The recent Governor's STEM Education Conference brought to light the plight of the state's higher education financial crisis. Among other things, it has been suggested that registered nurses could be adequately prepared through the state's associate degree programs. While there are opportunities for improvement, care must be taken not to cut the throat of Oklahoma's already bleeding health care system.

The largest sector of the health care workforce is made up of registered nurses, and there is a pronounced shortage of registered nurses on the health care team in Oklahoma.

The health of Oklahomans is directly impacted by the lack of highly educated registered nurses. The complexity and technological advances in health care call for a well-educated nurse workforce.

The 2018 Commonwealth Fund Score Card on Health System Performance ranks Oklahoma at No. 50 on overall health performance with the 30-day hospital mortality rate and mortality amenable to health care being two of the indicators that worsened from previous years' rankings.

A wealth of empirical data demonstrates that a registered nurse workforce composed of 80 percent baccalaureate-prepared members results in lower overall hospital mortality rates, shorter hospital stays, fewer hospital readmissions and decreasing hospital costs.

A report published by the Governor's Workforces Council in August 2018 cited the increased demand for the hiring of nurses with bachelor's degrees in hospitals throughout the state.

RNs with a bachelor's degree in nursing also are well-prepared to address health care issues



Shelly Wells, Ph.D., is the chairwoman of the Northwestern Oklahoma State University Division of Nursing. She lives in Broken Arrow.

outside of the hospital and in the community. Nursing faculty and advanced registered nurse practitioners in all health care settings must possess a bachelor's degree in nursing before advancing their practice. In Oklahoma, only 44 percent of the current RN workforce is prepared at the baccalaureate level; falling far short of the national goal of 80 percent called for by the National Academy of Medicine's Future of Nursing report in 2010.

States throughout the nation are engaging in efforts to increase their numbers of bachelor-prepared nurses instead of reducing them. One state enacted a law requiring all registered nurses to have a bachelor's degree in nursing within 10 years of earning their associate's degree, and other states are exploring similar legislation.

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Special to the Nursing Times

Communication in Nursing, in other words, "stop the line", and speak up what does it mean to COMMUNICATE?

by Angela Archer

Effective communication in all areas of life is essential. Communication in words or actions is very important to our daily lives and places of work. How we communicate to others can either make or break what we are trying to convey.

I am guilty of complaining to others by blaming and gossiping. Has this solved any problems I see in my every day professional practice? No. No one wants to listen to a squeaky wheel "squeak" all the time. I was thinking about this and my verbal communication when I confronted another co-worker about their decision to delegate the



day's work. I confronted Angela Archer, BSN

the person for the lack of teamwork and my unhappiness about the situation. In their mind they were doing what they thought was the best for their floor. In my mind I saw the situation differently. Who was right and who was wrong? I thought about that incident over and over. What can we do as nurses to work together and not against each other as we are in this profession of nursing "together" and not separately.

I am not an expert in the field of communication by no means. However, I have been an observer



and participant in the area of human interactions for the past 28 years through the eyes my nursing "goggles". How do we voice our concerns for ourselves, our co-workers or even our patients while at the same time maintaining and retaining our professional image?

I have also found many nurses (including myself) don't speak up or notify their managers or leaders of a situation or problem that needs to be addressed. We just tend to complain and then go on about our business. Some, like myself, internalize and avoid conflict or fear being disloyal, being disliked and being labeled a troublemaker. So how do we voice our concerns in a professional manner and make our matters known without blaming or complaining or keeping them boiling inside?

1. Know the rules of engagement. Follow the chain of command. You can't start at the top of the food chain and work your way down. Sorry, that idea does not fly in any institution or business. I also let it be known to whom I am writing why I wrote what I wrote. That what I wrote is not personal, but a matter of trying to interject my point of view or opinion to help a situation that needs correction or monitoring.

2. Face your fears. If possible, try and keep the issue between yourself and the other person(s). Working issues out together can be tricky but for the most part we all want to get along. Approaching the other with a non-defensive manner in speech and body language and using "I" instead of "you" can solve many a problem.

3. Like a boy (or girl) scout, be prepared. Have your facts in front of you as in our charting. Just the facts ma'am. I know it is easy to get caught up in emotions or take sides. By presenting the facts and

WELLS Continued from Page 5

The joint efforts of the state's community colleges and universities continue to be unable to produce the numbers of registered nurses needed for Oklahoma, and partnerships among these programs are being explored to boost the numbers of registered nurses with bachelor's degrees in nursing. not opinions, issues can be resolved and differences can be settled.

4. We are all in this together. As the songwriter and singer Prince sang "We have gathered here today to get through this thing called life".

We have and must work together. It is not about you or me or them, it is about us and the patients we serve. Think of not only how your words or actions will affect the other person or organization. Once you have said or written words in anger or hostility you cannot take them back. Write or verbalize what you see that needs improving or addressing for the good of everyone. A house divided will fall. We are all one big house and we need to build each other up, not down.

We have all heard the term at our place of work "speak up and stop the line". This means speaking up for what you see needs to be righted or addressed.

Being silent and simmering on the inside does not a problem solve, grasshopper. It does as much damage as being verbally hostile. So next time you are tempted to lash out, "stop the line" on incivility with each other as problems can be addressed, finessed and solved. This is what defines us as human beings and as a nurse professionals. The art of nursing like life is a continual learning process and we can either choose to grow ourselves and our profession or grow down our profession and each other.

Angela Archer has been a nurse for over 28 years and graduated in 1990 from TJC, now known as TCC in Tulsa Oklahoma. She has worked in the Medical-Surgical Float Pool at St. Francis Hospital in Tulsa recently returning to school and fulfilling her goal of completing a BSN. She is also planning to continue her education in a Master's program in Nursing Informatics.

Education for registered nurses at the associate and bachelor's degree levels is imperative to health care.

Any plans to curtail funding for development of bachelor-prepared registered nurses is faulty, shortsighted logic and a disservice to Oklahomans.

Shelly Wells, Ph.D., is the chairwoman of the Northwestern Oklahoma State University Division of Nursing. She lives in Broken Arrow.

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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

REGISTERED NURSING PROGRAMS

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 2. Lawton Campus Phone: 580-477-7830 3. 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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SPECIAL EVENT

Registration Underway for Faith Community Nurses' Conference

The 12th Annual Faith Community Nurses' Association Conference title is "When Disaster Hits: The Role of the Faith Community." The conference will educate the Faith Community Nurse and church leaders to organize and build capacity for the church to respond to local and regional disasters. Disaster is a "given" in Oklahoma. Faith Communities are affected directly and indirectly by these disasters. The message of Psalm 57, Have mercy on me, my God, have mercy on me, in you I take refuge. I will take refuge in the shadow of your wings until the disaster has passed, sets the stage for reflecting and mobilizing resources when disaster hits. This conference will provide resources, contacts and information needed to assist congregants during times of disaster and the opportunity for participants to network and to build relationships with nurses and health ministers interested in Faith Community Nursing.

Registration for the one-day FCNA OK Member \$60 for payments received before 2/8/19. 2/9-2/22 \$85; 2/22 and later \$105. Non FCNA OK Member \$90 for payments received before 2/8/19. 2/8-2/22 \$120; 2/22 and later \$135. Nursing students \$60. Clergy \$65 for payments received before 2/16/18. 2/9-2/22 \$90; 2/22 and later \$110. Refunds before 2/8/19 less \$20 deposit. No refunds after February 8, 2019. FCNA OK is approved as a provider of continuing nursing education by the Kansas State Board of Nursing. This course is approved for 8.25 contact hours applicable for APRN, RN, LPN, or LMHT relicensure. Kansas State Board of Nursing provider number LT0298-0316, KAR 60-7-107 (b)(3)(C).

For registration and brochure, see the FCNA website, downloads page: www.fcnaok.org or register at www.surveymonkey.com/r/LNG3BBV and pay by www.PayPal.me/FCNAOK or contact fcnaok@gmail.com.





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

This column is dedicated to all the parents who are making parenting a priority. The words that you need to hear are "thank you." I want you to know how much you are appreciated. The following are some suggestions entitled, "Traits of a Healthy Family." Remember no one can do them all but many of you are checking off many of the boxes.

TRAITS OF A HEALTHY FAMILY

•The healthy family communicates and listens. I just have to say it......COMMUNICATION AND

LISTENING DOES NOT INVOLVE A CELL PHONE!!!!!

•The healthy family affirms and supports each other. (This can be accomplished in a single parent home as well as two parents).

•The healthy family teaches respect. (This is super important).

•The healthy family develops a sense of trust. (Try growing up and not trusting).

•The healthy family has a sense of play and humor. (This helps children learn how to balance the stress of life with some fun and laughter.)

• The healthy family exhibits a sense of shared responsibility-it is taught. (Everyone needs chores.)

•The healthy family teaches a sense of right and wrong. (Children have to be taught to be responsible for their own moral behavior and it is the parent's task to teach).

•The healthy family respects the privacy of one another. (Yet also becomes aware if their child appears to be spending too much time in privacy,)

• The healthy family admits to and seeks help with problems. (No family does it perfectly, in fact lets just get rid of the word perfect. When parents seek help it means they don't have the answers but care enough to ask and then follow thru with behavioral changes.) Here is a good example of what not to do:

John T called to set an appointment for his 8 year old son. I told him that I needed to speak to him first and he reluctantly agreed. He said his son, Craig was depressed and not sleeping well and thought he might need medication. I met Craig the following day. He was a cute little boy who looked sad and lethargic.

He sat down beside me and we began to draw. He drew a picture of an adult man and young boy throwing a football. I asked if that was him and his dad. He softly said, "I wish it was but my dad sits in front of his computer and tells me he will play with me, then it gets dark and he says it is time for bed. He was very sad as he talked about his dad.

It was now time to talk to his father again. I told John that I was not the person that John needed, nor did I think Craig needed medication. I told John that Craig needed HIM. I showed him the picture that Craig drew and shared his story. I suggested the best medication would be to spend quality time with Craig, especially throwing the football. I will never forget his question.

John looked at me and said, "How long do I have to throw it?" (PS.....that was the last time I saw John and his son).

Oklahoma's Nursing Times

February 4, 2019

I'm actually in a nurse practitioner program and I'd like to work in public health and disease prevention.

Terri Quintero, RN





What do you want to be when you grow up?

INTEGRIS Integris Southwest Medical Center

A nurse. A good nurse.



Brandy McCalip, RN

Misty Smith, RN

I'm doing it right now

and loving it.

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