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Keeping life adventurous is Heather Tipton, Case Manager at Bradford Village Healthcare Center. When not working, she enjoys a hobby that she shares with her husband; BMX racing.

#### by Vickie Jenkins, Staff Writer

Bradford Village Healthcare Center is located at 906 Boulevard in Edmond, OK. A very nice facility, as their mission is serving people with compassion and dignity. They take pride in knowing that every patient is cared for by their compassionate and committed team of caregivers. You can rest assured that you or your loved one will be in good hands at Bradford Village Healthcare Center.

Meet Heather Tipton, LPN, Case Manager of Bradford Village. Heather grew up in Edmond, OK, attending Pratt College. She has been a nurse for a total of ten years but has been working for Bradford Village for six of those years. "I have never worked in a hospital but I have always worked in Assisted Living facilities and that is where my desire to care for others comes from," she stated.

Heather's days are usually busy. As a Case Manager, she does the MDS assessments and the care plans. "I also work with the

families, arranging different events for them. I give support to the residents, trying to keep things on a positive note. I love my job," she said.

Asking Heather what she wanted to be when she was a little girl, she replied, "A nurse. My dad was the Director of Family Practice at OU Hospital in Tulsa, Ok. He retired a few years ago but I was at his office much of the time growing up. His nurse, Rita, worked for him for 27 years so I was around her a lot too. Rita is still See TIPTON Page 3

# My Thoughts: More BSN degrees would serve Oklahoma

#### by Jane Nelson, Executive Director of Oklahoma Nurses Association

Most Oklahomans are aware that registered nurses are in high workforce demand in Oklahoma and the nation. RNs are at the top of the list of the state's "critical occupations" according to Oklahoma Works. What isn't as well known is while there is high demand for all RNs, increasingly hospitals, clinics and other health organizations have acute shortages of baccalaureatetrained nurses. The Oklahoma Nurses Association has long been a supporter of registered nurses with a bachelor of science in nursing (BSN). Only 44 percent of the RN workforce holds a BSN.

A report on the nursing shortage by the Governor's Workforce Council provides strong evidence that new graduates holding a BSN are being highly sought by employers. The state's acute care hospitals are especially focused on hiring BSNprepared registered nurses.

Research shows patient outcomes are improved and patient deaths reduced when the nursing staff holds a BSN. Our increasing complexity of technology, medications and

Published January 28, 2019. Go to www.oknursingtimes.com and click download latest issues / January-28-2019-issue-r to read OR VISIT OUR FACEBOOK PAGE.

## FACEBOOK: What you are saying

**KAREN SAYS:** Ok. I have an ASN and a BS in another field. I'd love to continue my education. The \*cheapest\* RN to BSN I've found is about \$9,000. But that investment of money and my time won't increase my paycheck.

**ROBYN SAYS:** I'm 30 years with my ADN, 20 with my BA. Unless there's a reimbursement I won't think about it. I am less than 7 years away from retirement. I do encourage young nurses to continue, but I also tell them not to stop with a BSN.

**DEBBIE SAYS:** Education is not cheap. Your BSN is important to employers. TJC and CMS are requiring higher education among nursing staff. Many employers will pay for your education. Look for scholarships and move forward with your education. You'll be glad you did.

**DEBBIE J. SAYS:** Everyone one is getting their BSN just as a stepping stone to their NP where the money is. They are not going into teaching. The shortage will become even worse when we diploma nurses retire after being at the bedside for 45 years! Every young nurse I know has one thing in mind...NP and money. How is this working for us????

**PATRICIA SAYS:** I went back and paid out to get my BSN. Never received a pay increase and no assistance with financing the degree.

LYNNE SAYS: I have an ASN and a BA in another area as well. I have thought about getting a BSN but again it won't increase paycheck.

**BRANDY SAYS:** What would serve Oklahoma well would be better nurse to patient ratio's and better access to healthcare for the uninsured. Just my opinion.

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## New Community Hospital in OKC Celebrated

The new INTEGRIS Community Hospital at Council Crossing, which brings a transformative concept of health care to Central Oklahoma, is officially open and accepting patients.

A Grand Opening ribbon-cutting event was held Feb. 5 to introduce the new hospital, at 9417 N. Council Road in Oklahoma City.

The 40,446 square-foot INTEGRIS Community Hospital at Council Crossing, which opened to the public Feb. 6, is part of a major initiative in which INTEGRIS will, in 2019, open four new community hospitals – small-format facilities also known as micro-hospitals or neighborhood hospitals – in the Oklahoma City metropolitan area.

The INTEGRIS Moore Community Hospital at 1401 SW 34th St., is scheduled to open Feb. 27. The INTEGRIS Del City Community Hospital at 4801 SE 15th St., will open in March and the INTEGRIS OKC West Community Hospital at 300 S. Rockwell Ave., will open in May. As part of its expansion initiative, INTEGRIS, the state's largest nonprofit health care system, entered into a joint venture partnership with Emerus, the nation's first and largest operator of micro-hospitals hospitals, to build and manage the facilities.

"Oklahomans have told us they want quicker, more convenient medical care without compromising quality or safety," said Timothy Pehrson, president and chief executive officer at INTEGRIS. "These community hospitals allow us to do just that, bring high-quality care closer to home for many of the residents we serve."

Emerus Chief Executive Officer Craig Goguen said the company is honored to partner with INTEGRIS, an award-winning, highly respected health system brand, as it expands its footprint throughout central Oklahoma. "Our transformative concept of health care allows great health systems like INTEGRIS to expand its reach into the community to provide a variety of patient services that are fast, convenient and



economical."

These new community hospitals will serve a variety of patient needs including emergency medical care, inpatient care and other comprehensive health services. While the ancillary services vary, each community hospital has a set of core services including the emergency department, pharmacy, lab and imaging.

The rest of the services depend Continued on next page

#### TIPTON Continued from Page 1

a good friend of the family. I feel like I followed in my dad's footsteps as far as being a nurse," she replied. "Actually, I am the only other one of the kids that went into the medical field. I did have a mentor in school; she was one of my instructors and her name was Stacy Swim."

What makes a good nurse? "I think the most important quality a nurse can possess is compassion. Being a good listener, a giving spirit and being an advocate are very important too," she said.

Heather's favorite part of her job is when she gets to spend time with the residents. "I build relationships with the residents and their family members. That time is very special to both of us."

"My biggest challenge is trying to make all of the residents happy. I've always heard that you cannot please every person all of the time, but I am on a mission and I will try! I am a real people pleaser. I always try to have words of wisdom that I tell the residents, Take one thing at a time. Sometimes, I even have to remind myself."

What advice would you give to someone going into the medical field? "I would tell them to enjoy every minute of it and soak it all up! Always remember, you get what you put into it!" Heather replied.

When I asked Heather what her hobbies were, she told me that she loves to be outdoors, enjoying the nice weather. I was surprised at her other answer. She participates in the BMX races and has been racing for about four years now. "It is so much fun making all of those dirt jumps! That is a hobby that I share with my husband; he has been doing the BMX races for years," she said. Her next statement surprised me even more; "Our son started racing when he was fifteen months old. They ride something they call a 'Strider' but it is still a competition of racing in a certain age category," she said. I had to see it for myself as she showed me the pictures. Heather is a very outgoing and adventurous person with a sweet and compassionate personality. Describing herself, she

is a perfectionist, and a very giving person. It is obvious to see why she is a great Case Manager.

Heather is married and she has four kids, Joeseph 22, Andrew 20, Madison 18 and seven year old Brody. "Brody is the only one that

#### HOSPITAL Continued from Page 2

on the needs of the community, but common examples include primary care, dietary services, women's services and low-acuity outpatient surgeries. The community hospitals offer:

•Health system integration allowing for care coordination, consultation and seamless transition across the care continuum

•Fully licensed as a hospital and subject to all hospital conditions of participation and regulatory requirements

physicians Emergency-trained and outpatient ambulatory clinical services on site - ensuring patients receive the highest quality care, when they need it

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•All patients accepted without



Heather to describe herself in one word. Her answer was guick and to the point. "Happy," she said with a smile. Heather, your happiness shows!

regard to insurance or ability to pay, including Medicare, Medicaid and Tricare

• Community-based hospitals open 24 hours a day, seven days a week - offering ease of access to our patients

Emerus is the nation's first and largest operator of neighborhood hospitals, also known as micro-hospitals. Emerus partners with leading health systems to provide excellence, empathy and innovation in health care delivery through a network of efficient, value-based microhospitals. The Emerus network brings high-quality, patient-centric acute episodic and ambulatory clinical services to communities across a given market. This helps patients by positioning best-in-class provider services in the communities where they work, live and play. Emerus' distinctive level of care earned the Guardian of Excellence Award for Superior Patient Experience in 2013, 2014, 2015, 2016 and 2017

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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Page 3

# CAREERS IN NURSING STEP BY STEP - TOTAL FOOT AND ANKLE

It doesn't take long to see why Julianna Bingham is liked by all of the patients at Total Foot and Ankle in Oklahoma City, OK. Julianna has a bright and funloving personality with a smile to match.

Growing up in Edmond, OK, Julianna, medical assistant has been in the medical field for four years. She has worked for Dr. Scott Shields for a little over a year. Julianna went to school at Heritage College. "I plan on going to school to be an RN specializing in nutrition. I like the way nutrition has such an impact on a person's life," she said. "Working here has been wonderful. I am so thankful to have this job, continuing to learn from the best," she added.

What did you want to be when you were little? "I actually wanted to be a Veterinarian. I grew up around all sorts of animals and loved taking care of them; especially horses. I don't ride horses now but would jump at the chance," she commented.

What is your favorite thing about your job? "I think my favorite thing is the way I get to know the patients. They have such a great amount of gratitude towards everyone here. When the patients are happy, that makes us happy," she replied. What is your biggest challenge that you find in your job? "When the patients come in for the first time, it is easy to see that they are scared. Sometimes, I just want to overstep my bounds and help them more than I know how. It's hard for me to allow them to help themselves; that's where I have to tell myself to stay within my scope. I guess I just try to tune into the patient as much as I can," Julianna replied.

Asking Julianna what she things are the qualities of a good nurse, she replied, "First of all, I think a nurse needs to be a great listener, listening to every little detail, making sure it is right. Also, I am a very enthusiastic person and that I think the patients like that about me. I certainly like to think so," she laughed. Last but not least, I think a nurse needs to have plenty of empathy. I think that comes with the job."

I asked Julianna to describe herself. "Well, let's see," she said with a pause. "I am fun-loving and an easy-going person. I am a hard worker and try to do the best I can, no matter what the situation is. I try to create the best positivity. I really try to tune into the patient, trying to understand them."

What is some advice you would give to someone going into the

medical field? "I would tell them to pay close attention to every single detail in the charts. I think the most important role I have as a medical assistant is bridging the gap; whether it is between the doctor and the patient or the patient and me. I like to bat for the patient. I would tell them to study hard and don't give up. It may seem pretty rough but know that you can make it! I'll be taking my own advice before long when I go to school," Julianna replied.

Julianna says the biggest asset with her job is the fact that she has a knack for getting the patients to open up about themselves. "Of course, I don't get too personal," she said. "I think I am pretty good about reading someone and having them tell me what the real problem is. Some people just want to keep all of that information to See BINGHAM Page 5

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Julianna Bingham, CMA enjoys working for Dr. Scott Shields at Total Foot and Ankle. Julianna's smile and friendliness are inviting to the patients, putting them at ease.

#### BINGHAM Continued from Page 4

themselves, but we need to know as much as we can about their medications, etc."

When Julianna is not working, she enjoys spending time with her three sons, Michael 8, Aiden 5, and Jaxson is eighteen months old. I always look forward to that," she added. "Those boys certainly keep my hands and my heart full," she said with a smile. "Those boys give me the motivation that I need every day. I love them so much."

Julianna, do you have any words of wisdom that you tell yourself or tell the patient? "I always tell the patient, you are the star! This is your life, it's all about you. Sometimes, it's hard to convince the patient of that."

To sum up Julianna's life in one word would be "fulfilling", she answered with a smile.



# Safe Sleep Certification Program Recognizes SSM Health St. Anthony Hospital – Shawnee

SSM Health St. Anthony Hospital – Shawnee was recently recognized by the National Safe Sleep Hospital Certification Program as a Silver Safe Sleep Leader," for their commitment to best practices and education on infant safe sleep.

The National Safe Sleep Hospital Certification Program was created by Cribs for Kids®, a Pittsburgh-based organization dedicated to preventing infant, sleep-related deaths due to accidental suffocation. In addition to being Cribs for Kids® partners, St. Anthony Hospital - Shawnee was recognized for following the safe sleep guidelines recommended by the

American Academy of Pediatrics (AAP), and providing training programs for parents, staff and the community.

"Sleep-Related Death (SRD) results in the loss of more than 3,500 infants every year in the U.S.," said Michael H. Goodstein, M.D., neonatologist and



medical director of research at Cribs for Kids<sup>®</sup>. "We know that consistent education can have a profound effect on infant mortality, and this program is designed to encourage safe sleep education and to recognize those hospitals that are taking an active role in reducing these preventable deaths." This program is well-aligned with the Maternal Child Health Bureau's vision of reducing infant mortality through the promotion of infant sleep safety as outlined in Infant Mortality CoIIN Initiative. Forty states have designated SIDS/SUID/SRD as their emphasis to reduce infant mortality.

The National Safe Sleep Hospital Certification Program was created in partnership with leading infant health and safety organizations such as All Baby & Child, The National Center for the Review & Prevention of Child Deaths, Association of SIDS and Infant Mortality Programs, Kids in Danger, Children's Safety Network, American SIDS Institute, Charlie's Kids, CJ Foundation for SIDS, and numerous state American Academy of Pediatric chapters and health departments.

According to Judith A. Bannon, Executive Director and Founder for Cribs for Kids®, "The program kicked off in June of 2015 in Pittsburgh, PA, home of the Cribs for Kids® national headquarters. Hundreds of participating hospitals across the United States, including Quebec Canada, have already achieved the 'Gold Champion' status, or are working their way toward it. This will have a profound effect on the number of babies' lives that will be saved."

For more information on the Cribs for Kids<sup>®</sup> National Safe Sleep Hospital Certification program visit http://www.cribsforkids.org/ safesleephospitalcertification, or call Tiffany Price, the Director of Hospital and Community Initiatives @ 412-322-5680 ext.112. February 11, 2019



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- Patient Care Tech Days (7a-7p), FT
- Radiographer Tech, M-F Days, Variable Hours, FT
- Paramedic, Med Surg, 7p-7a, Variable Nights, FT

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⊖klahoma's Nursing Times

#### WE ARE SEEKING ADULT ACUTE REGISTERED NURSE MONDAY-



# A name for his pain

The stabbing pains in David the Key's armpits awoke him from the sleep one night in 2006. "It was excruciating," said Key, 53, who lives in Oil Center, about 10 miles what northeast of Ada. to say the stability of the stability

He cycled through hospitals and clinics, his condition worsening. He developed uncontrollable tremors and neurological problems and gave up his business. After a pair of strokes, he was forced to go on disability. Years passed, yet still he had no answers.

Finally, one physician thought he recognized Key's condition. A subsequent biopsy of lymph nodes proved the hunch: sarcoidosis, a rare disease that causes lumps of immune cells – known as granulomas – to form in organs throughout the body.

"Unless patients' first symptoms are in the lungs, they're usually misdiagnosed," said Courtney Montgomery, Ph.D., who studies the disease in her lab at the Oklahoma Medical Research Foundation.

Scientists know little about what triggers sarcoidosis. It seems to start in the immune system, eliciting rampant inflammation. The tumor-like lumps can appear in the eyes, liver, heart, skin and brain and, most often, in the lungs.

The disease can strike anyone, but it disproportionately affects African Americans. And, said Montgomery, it can be fatal.

"The most common causes of death are cardiac conditions," she said. Heart complications claimed the disease's two most famous victims – NFL Hall of Famer Reggie White and comedian Bernie Mac – at the ages of 43 and 50, respectively.

For Key, doctors have largely managed to control his symptoms through steroids and long list of





Sarcoidosis patient David Key donated blood to the Oklahoma Medical Research Foundation's Saroidosis Unit to make a difference down the line for those suffering with the disease.

other medications for the tremors, pain, depression and neurological issues. Still, he continues to experience near-constant pain in his chest. "Sometimes, I can swear I'm having a heart attack," he said.

Last year, in an effort to help Montgomery and her OMRF scientific team better understand the disease, Key traveled to Oklahoma City to participate in a research study of sarcoidosis at the foundation. After filling out questionnaires detailing his disease and medication history, he donated blood for the researchers to analyze.

"By studying what's going on

at a genetic level in patients with active disease, we hope to identify environmental triggers that initiate sarcoidosis," Montgomery said. Ultimately, that work might point scientists to an effective treatment.

Key understands that volunteering in OMRF's research study likely won't help directly. Still, he said, "If it can help somebody down the road, it's worth it."

For more information about sarcoidosis or to participate in research studies of the disease at the Oklahoma Medical Research Foundation, call (405) 271-2504 or email sru@omrf.org.

Page 8

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

PRACTICAL NURSING PROGRAMS

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

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

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

#### Central Technology Center

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

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

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

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

#### Great Plains Technology Center

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

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

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

#### Indian Capital Tech Center www.icavts.tec.ok.us

1. Muskogee Campus Ph: 918-686-7565

- 2. Sallisaw Campus Ph: 918-775-9119 Ext 108 3. Stilwell Campus Ph: 918-696-3111

#### 4. Tahlequah Campus Ph: 918-456-2594

Kiamichi Technology Center

- www.okktc.org 1. Antlers Campus Ph: 580-298-6354
- 2. Atoka Campus Ph: 580-889-7321
- 3. Durant Campus Ph: 580-924-7081
- 4. Hugo Campus Ph: 580-326-6491 5. McAlester Campus Ph: 918-426-0940
- 6. Idabel Campus (McCurtain) Ph:
- 580-286-7555
- 7. Poteau Campus Ph: 918-647-4526 8. Stigler Campus Ph: 918-967-2801
- 9. Talihina Campus Ph: 918-567-2264

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

OK 74074

Ph: 405-377-3333 Ext 324

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

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

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

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

#### Northeast Technology Centers

www.netechcenters.com 1. Pryor Division Ph: 918-825-5555 2. Afton Division Ph: 918-257-8324 3. Kansas Division Kansas, OK Ph: 918-868-3535 4. Claremore Division Ph: 918-342-8066

Northwest Technology Center www.nwtech.edu Alva Ph: 580-327-0344

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

Platt College www.plattcollege.org (Conditional Approval) 1. Tulsa Campus Ph: 918-663-9000 2. Oklahoma City Campus Ph: 405-946-7799 3. Moore Campus Ph: 405-912-2777 4. Lawton Campus Ph: 580-355-4416

Pontotoc Technology Center www.pontotoc.com Ada Ph: 580-310-2258

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

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

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

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

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

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

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

#### **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

Page 9

## INTEGRIS Heart Hospital Donates CPR Kit to Hobart Public Schools

Hobart Schools will now be able to implement a CPR in Schools program to train students in CPR skills thanks to a generous donation from INTEGRIS Heart Hospital. The donation made it possible for the school to be presented an American Heart Association (AHA) CPR in Schools® training kit on the teacher professional day on January 21, 2019.

"CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival," said Randy Ashcraft, vice president with INTEGRIS Heart Hospital. "We are extremely excited to partner with your school to start training students in the lifesaving skill."

More than 326,000 people experience cardiac arrest outside of a hospital each year. About 90 percent of those victims die, often because bystanders don't know how to start CPR or are afraid they'll do something wrong.

"Schools are integral parts of our communities and teaching life-saving CPR will help increase bystander CPR across all communities and in turn empower more people to act in an emergency and help save a life," said Terrie Gibson, M.D., a cardiologist with INTEGRIS Heart Hospital. "Teaching students CPR before they graduate will put qualified lifesavers in community, year after year, and we are thrilled to be part of those efforts."

Oklahoma requires CPR training prior to high school graduation. The CPR in Schools bill (HB 1378) was signed into law in May of 2014 making Oklahoma the 16th state to implement the graduation requirement.

INTEGRIS Heart Hospital has also donated kits to Antlers, Atoka, Coalgate and Hugo schools.

## **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

Q. I have a friend who was recently beaten up by her boyfriend. He battered her face requiring stitches. She filed a VPO. He talked her out of it. She said it was a "misunderstanding." She resumed her relationship with him. What is wrong with her? -- Brittany

**A.** "Falling in love" with an abusive narcissist can be synonymous with "falling in love" with heroin, gambling, food, alcohol, etc. When its good, its REALLY good but when its bad, its HORRIBLY bad. The cravings are even the same. Nothing can get in the way when the "trigger" is flipped.

When your friend was beaten by her boyfriend she was mad, hurt and filed a VPO "to protect herself." The VPO was not going to protect her "from herself." Once she had time to recover emotionally, even though her wounds were visible she began to think about him. He did what any good narcissist does; he apologized, professed his undying love and begged her to come back to him.

The dopamine is released in this "feel good moment." All is good. She is loved. The bruising and battering to her face is somehow less noticeable, although she is startled from the pain when eating.

She is a victim of domestic violence!! As long as she derives pleasure from the "good times," she will stay. The good times override the bad times. There is no dopamine released when she is being beaten, it is not pleasurable, it is painful. She is not addicted to the pain, although she will probably tell you that she expects it will happen again and walks on eggshells hoping it won't.

Men who batter women are predators. They are dangerous. They will leave damaged victims in the wake of their violence, both physical and emotional. And the really scary truth, you do not see them coming. Usually by the time you begin to see it, you are already hooked.

It is good that your friend has a full time job and her own apartment. The less dependence on him, the better for her. She needs to maintain as much independence as possible. These men want women to be needy, lack self confidence and believe the bull@3# they spew.

Your friend could benefit from counseling but she may not be ready. It may be hard for you to continue your friendship because it can be disheartening to see her physically battered and watch her go back to him. Oklahoma's Nursing Times

I would be a cheetah

because they run fast

and are free to go

anywhere!

February 11, 2019



I would be an elephant because they are strong and have a great memory!

A giraffe because they are tall and can walk over everyone.



Nannette Stepeny, RN, Case Manager



An eagle because they

love to fly anywhere.

Justin Gould, RN, Clinical Manager

would you be and why?

If you were an

animal, what

BROOKDALE Brookdale Home Health



Heather Park, Home Health Director



Linda Heard, RN, Clinical Manager



June 2 - 7, 2019 Earn up to 41 Contact Hours



#### **One Day Registration Rates**

AHNA Member	\$285
Student AHNA Member	\$235
Senior AHNA Member	\$235
Non-Member	\$320
Student Non-Member	\$285
Senior Non-Member	\$285

For more information, call (785) 234-1712 or email conference@ahna.org

www.AHNA.org/AnnualConference





# Where do you find helpwhen you're one<br/>in a million?\$00,000 Oklahomans<br/>are in need of<br/>MENTAL HEALTH<br/>Services.

Doing what's right isn't always what's easiest. But as part of the United Way of Central Oklahoma, you're not afraid of these questions. You're part of the answer. Raise your hand and stand with us. Give today at **StandUnitedOKC.com** 

