# Oklahoma's Nursing Times

#### **Recruiter Showcase**



February 18, 2019 Vol. 20 Issue 7

# Bless Your Heart

#### by Vickie Jenkins, Staff Writer

Oklahoma Heart Hospital, providing Cardiovascular Care is the first of its kind. Physician owned and designed by cardiologists, Oklahoma Heart Hospital has two locations, a network of more than 70 cardiovascular specialists at more than 60 clinics and hospitals across the state and a Research Foundation that's breaking ground in heart and lung care.

The foundation supports cardiovascular research and continuing medical education to reduce the impact and severity of heart disease. In addition, the foundation helps provide access to specialized treatments, clinical research and trial studies for heart patients at the Oklahoma Heart Hospital that has locations in north and south Oklahoma City.

This is where you will find Stacie Hanes, RN, BSN, Senior Clinical Research Coordinator, and Valve Clinic Manager. Stacie graduated with her Associates degree in '95, got her Bachelor's in '02 and is currently in her Master's program for her CNS at OU.

"I worked at Mercy in ICU in the past and I have been at Oklahoma Heart Hospital in the Research Foundation since 2001," Stacie said. Asking her which job she preferred, she replied, "I have always been happy with any job that I have but I definitely love my

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Stacie Hanes, RN, BSN is the Senior Clinical Research Coordinator and Valve Clinic Manager at the Oklahoma Heart Hospital, Research Foundation in Northwest Oklahoma City, OK.

job now. The Research Foundation is molded into the valve clinic arena. There is always something new to discover; the job is never boring at all. I have been there 18 years now and I still love going to work every day."

Stacie grew up in Tucson, Arizona and went to high school in Toro, California, moving here in the 90's. Asking what she wanted to be when she was little, she replied, "I wanted to be a Zoologist, and then I thought about being a Physician but decided that I wanted a home life so I became a nurse. I have never regretted that decision," she said with a smile.

Stacie's favorite part of her job is interacting with the patients. "When the patients come in and they are really sick, I talk to them, explaining what we are going to do, discussing how we can improve the quality of their life. When they leave, they feel better about the whole situation. Now, they are not feeling as much fear. My focus is helping them as much as I can," she answered. "The average age of our patients is the mid '80s," she added.

"My biggest challenge working in the See HANES Page 3

# 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 the 30-day hospital mortality care workforce is made up of mortality amenable to health ca registered nurses, and there is a two of the indicators that v pronounced shortage of registered from previous years' rankings.

thwestern Oklahoma State University Division of Nursing EM nurses on the health care team in ght 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.

Published February 4, 2019. Go to www.oknursingtimes.com and click download latest issues / February-04-2019-issue-r to read OR VISIT OUR FACEBOOK PAGE.

#### FACEBOOK: What you are saying

ASHLEY SAYS: What's the difference in pay for a RN A.D.N. and a RN B.S.N.? What's the cost for a BSN verse ADN?

There you have it. Pay up. Oklahoma needs to PAY their healthcare professionals what they're worth. I'm not saying there aren't A.D.N. RN's out there just as wonderful as BSN R.N.'s, but seriously, if you want the cream of the crop, and if you think BSN is just that, then pay up! Give an incentive for that extra time in school and extra debt.

**JAMIE SAYS:** Ashley, Integris Health does have a pay ladder based on degree, and pays a substantial amount to encourage their employees to attain a BSN or advanced degree.

**MARTY SAYS:** We need more nurses nursing. More 6-8 hour shifts (great creativity not required to make this work!), more part time jobs. Good options for people with families, those who have retired from other jobs and want to keep their skills or refresh them would be a start. I have been an RN 40+ years, never enough bedside nurses.

**MICKIE SAYS:** And the problem is this; patient to nurse ratio. They don't care if you have your BSN or your ADN, you're still gonna have the same number of patients, you're still gonna be receiving the same stupid HCAP scores no matter which initials you have behind your name! I'm a 40 year ADN and have been told I can't get a raise because I'm at the top of my pay grade which is an reduced amount from what nurses with less experience are making in larger cities. Three more initials, it's the same headache with the same low pay. No thank you.

**AMY SAYS:** Mickie, I went back to get my BSN only for promotion in the guard. No raise at work for obtaining it No change in how I nurse because I have it. It focused on management not bed side nursing. We don't have a shortage of managers but certainly for bed side nurses

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# Nearly \$500,000 in Scholarships Available for New BSN, MSN Students



Oklahoma City University's Kramer School of Nursing recently received a gift creating "The Kramer Way" scholarship, which will provide \$400,000 for 10 new Bachelor of Science in Nursing (BSN) students and \$90,000 for six new Master of Science in Nursing (MSN) students over a two-year period starting in fall 2019. The scholarship is named for the school's commitment to its core values of caring, kindness and respect.

In addition to helping students earn their first degree, the school's BSN program also allows those who have a degree in another field to earn a BSN in just 18 months.

"The scholarship is critical because many candidates exhaust their financial assistance while earning their first degree, but this will allow



them the financial ability to become a nurse," said Lois Salmeron, dean of the Kramer School of Nursing.

Salmeron also indicated that scholarships for graduate study are rare, further making this opportunity unique. The school's MSN program features distance learning and a low residency model, which helps nurses living in communities outside of Oklahoma City to successfully complete their degree.

For more information about the scholarship and enrolling in OCU's Kramer School of Nursing, visit okcu.edu/nursing. SERVING MORE THAN 20,000 RN's AND LPN's EVERY WEEK! AND NOW... WITH 11,000 FOLLOWERS ON FACEBOOK! Let us find your next team member! PRINT - JOB ALERTS -FACEBOOK - JOB BOARD -WEBSITE

#### HANES Continued from Page 1

Research Foundation is the volume of work. I stay busy organizing, managing and coordinating the trials and surgeries. I work with the physicians and coordinate all the testing and procedures. Yes, it keeps me busy but I really don't mind," she commented.

What advice would you give to someone if they wanted to work in the Research Foundation? "It would have to be someone that is really self-motivated, very detailed oriented and willing to learn. This is a job that is very unique; there are so many new and noble trials that happen. Plus, teaching the patients and their families how to handle their situations and what they need to do to help things along," Stacie replied.

One very special and important mentor in Stacie's life was and is Donna Grossman, RN. "Working with Donna is such a blessing to me. I am thankful for her being in my life," she said.

Describing herself, Stacie said, "I am very self-motivated, I like to learn and I am fairly organized, at work, that is," she laughed. "I like my job and the Oklahoma Heart Hospital is a great place to work. I have a great job."

"My biggest asset at work is the fact that I have been working in the valve clinic for quite a while and have a lot of knowledge to offer. I have a good relationship with my co-workers, the physicians, patients and families. I have enough confidence knowing that I can go to anyone with issues," Stacie commented. My motivation to come to work is the fact that I enjoy working with patients and seeing the positive outcome. It makes it all worth it," Stacie said.

Stacie enjoys spending time with her husband Robert (nurse), daughter Tresa (nurse), son Robert Jr. (nursing student in Houston, TX) and daughters Kelsey and Emily. "I enjoy watching the Thunder games. I am a HUGE sports fan. I like OU Football and the NFL Steelers and Browns."

Stacie's words of wisdom at work? "This too shall pass. Everything will work out in the end." Stacie summed up her life up in one word? "Busy!"

### CONTINUED ED EVENT

APRN Pharmacology & Skills Update February 22, 2019

When: February 22, 2019 Time: 8 a.m. to 4:30 p.m. Cost: \$100/per person \$75 for full time students. Location: 1100 N. Stonewall Ave., OKC, OK 73117-1200. All skills are in OKC. Tulsa sessions are IPV from OKC.

#### Topics & Speakers: 8:30 a.m. - noon

Radiology: Athletic X-ray - Greg Brooks, DNP, APRN, FNP-C, Harding University

LGBTQ Care - Rusty Rooms, MSM, APRN, OU Medicine Center Emergency Services

Natural Healing: Gynecological and Menopause - Dorothy Cleveland - Pointer, MSN, APRN-CNM

End Transmission: HIV Prevention, Testing & Care, Using PrEP - Rusty Rooms, MSN, APRN

Natural Healing: Pregnancy - Dorothy Cleveland - Pointer, MSN, APRN-CNM

#### Topics & Speakers: 1 p.m. - 4:15 p.m.

Suturing Review - Greg Books, DNP, APRN, FNP-C, Harding University End Transmission: HIV Prevention, Testing & Care, Using PrEP - Rusty Rooms, MSN, APRN

**IUD Placement:** LaBetta Wallenmeyer, MSN, APRN, CNP and Leanna Harkess, MSN, APRN, CNP, CNM - Oklahoma State Department of Health **Selecting and Antidepressant** or Anxiolytic for Your Patient - Jeana Wilcox, PhD, RN CNS, CNE, the University of Oklahoma Health Sciences Center Fran and Earl Ziegler College of Nursing

#### Evaluation: 4:15 p.m. - 4:30

Register Now: For additional information or to register, please visit https:// nursing.ouhsc.edu/Continuing-Education or call 405-271-2062

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Remembering E.J.

At just 36 years old, E.J., an electrician of Mustang, Oklahoma, suffered a fatal aneurism. When he became an organ donor at the time of his untimely death, he was able to save the lives of five others in need.

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. You may also call 800-826-LIFE (5433) and request a donor registration card.





#### **CAREERS IN NURSING** YOU HELP SAVE LIVES? **BLEED**

Meet Heidi Gilbert, BSN, RN, CEN, SANE at Stillwater Medical Center. As an Emergency Department Educator, along with SANE (Sexual Assault Nurse Examiner) Program Coordinator, Heidi's life stays busy doing what she loves to do, helping save lives.

I interviewed Heidi several months ago and was so impressed with what she does and what she stands for in the medical field, I wanted to share the information with every one so they can learn to save lives too. It is amazing how many lives are changed daily just by reaching out to others.

Heidi is one of the Emergency Department Educators spreading the word about the 'Stop the Bleed' or 'Bleeding Control Basics' class at Stillwater Medical Center on June 29, 2018. "Since then we have held another 35 courses with over 750 students." Heidi said. "Some of the places we have taught are, Meridian Technology Center, Wings of Hope

by Vickie Jenkins - Writer/Photographer

Family Crisis Center, Oklahoma State University, Stillwater Elks Lodge, Fairfax High School, Carney Public Schools, Ponca City Oil Refinery, various churches, and several classes at Stillwater Medical Center. I also taught Bleeding Control Basics at the National Emergency Nurses Association (ENA) Conference in Pittsburgh in September. We have about 20 dedicated nurses from SMC actively teaching these courses throughout the community. The class is free and takes about an hour to an hour and a half. This matter is serious and we hold classes for all different ages. We have had students as young as seven in our class actively participate and easily apply a tourniquet," Heidi commented.

The numbers prove themselves. The current bleeding control statistics says it all. As of December 2018, there were almost 40,000 instructors in almost 90 countries and all 50 states. There are more than 500,000

people trained.

То become an instructor a nurse needs to first take a Bleeding Control Basics course. They would then register as an instructor on the bleedingcontrol.org website. Training materials for the class (Power Point, sign-in sheets, hand-outs, etc.) are free through the website. "We were fortunate to have our

Stillwater Medical Center Foundation purchase 2 training kits for our campaign," Heidi said.

The Stop the Bleed program was started in April 2013, just a few months after the active shooter disaster at Sandy Hook Elementary School in Newtown, CT. The committee was formed under the leadership of trauma surgeon Lenworth M. Jacobs, Jr., MD, MPH,



FACS, to create a protocol for national policy to enhance survivability from active shooter and intentional mass casualty events.

Because these meetings initiated in Hartford, CT, the Joint Committee's recommendations became known as the "Hartford Consensus." One of the recommendations of the Hartford Consensus was to turn bystanders into

See BLEED Page 5

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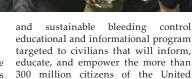
Heidi Gilbert, RN is the Emergency Department Educator and SANE Program Coordinator at Stillwater Medical Center, Stillwater, OK. She teaches others how they can help save lives by attending classes for 'Stop the Bleed.'

#### BLEED Continued from Page 4

immediate responders at the scene of wounding before first responders arrived. This step would improve the survivability of victims with severe bleeding. As soon as the area became safe, these immediate responders could act to stop bleeding if they were properly trained in the bleeding control techniques.

That recommendation gained widespread recognition in October 2015 when Stop the Bleed, a national awareness campaign and a call to action, was launched at the White House. Stop the Bleed is intended to encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives.

Today, the ACS Committee on Trauma is leading the effort to save lives by teaching the civilian population to provide vital initial response to stop uncontrolled bleeding in emergency situations. This effort is being accomplished by the development of a comprehensive



States. "Studies have shown that the help given by an immediate responder can often make the difference between life and death, even before professional rescuers arrive. The Bleeding Control Basic Course provides participants with the necessary tools to become empowered immediate responders," Heidi commented.

If you are interested in finding a class, go to Find a Class search tool at BleedingControl.org and use the contact information included in each class listing to reach out to your local, approved instructors. If you don't see any classes scheduled near you now, keep checking back, new classes are added every day. You can also reach out to your local trauma care providers to see if they have an approved instructor already on staff or an eligible individual willing to register and teach the community.

# OU College of Allied Health Receives \$1.25 Million Grant

Faculty members at the University of Oklahoma College of Allied Health have been awarded a \$1.25 million federal grant for their creative achievement: a training program that meets the needs of children with disabilities, the health professionals who serve them, and the physical and occupational therapists of tomorrow.

The grant, from the U.S. Department of Education's Office of Special Education, represents the first of its kind in the nation. Its innovation is in its structure – a mentorship program that increases the skills of professionals in the school setting who work with students who have high-intensity needs or disabilities.

At the center of the training program are students who receive special education as well as physical therapy or occupational therapy. Those students, some of whom have been diagnosed with cerebral palsy, autism, Down syndrome or spina bifida, often have trouble participating in a traditional school environment. As a result, many finish their education unprepared for future experiences and may experience social isolation. However, research shows that when children with disabilities participate in school activities with their peers, gaining a sense of belonging and selfdetermination, they end up leading more fulfilling and productive lives.

"Our hope is that by aiming beyond inclusive services to building a school community that supports the participation of children with disabilities, helping them have natural friendships, that they gain a belief in self that sets them up for a productive life," said College of Allied Health Associate Professor Beth DeGrace, who holds a doctorate in occupational therapy.

DeGrace serves as principal investigator for the grant with co-principal investigators and faculty colleagues Sandra Arnold, Ph.D., and Thubi Kolobe, Ph.D. Together, they identified the training needs and structured the program.

Surrounding the children are several other professionals who will mentor one another while delivering



College of Allied Health Associate Professor Beth DeGrace.

services to the children. They are: physical therapists and occupational therapists already practicing in the community; doctoral students; and entry-level students pursuing degrees in PT or OT.

In the program, DeGrace and her colleagues will train a group of community PTs and OTs on the latest research evidence for working with children with disabilities. Community providers bring a wealth of practical experience working with children with high-intensity needs, but their busy careers don't always allow sufficient time for translating the latest evidence into practice.

Once community providers are educated in the best practices, they will mentor doctoral students, who will then mentor entry-level students. This mentorship program will be carried out at three Oklahoma City-area schools that have been defined by the U.S. Department of Education as having high needs. By working with children who have disabilities, each group will be gaining real-life skills to further their clinical practice or education.

"We call this translation of knowledge – helping people understand the research literature and translating See GRANT Page 8 Page 6

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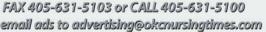
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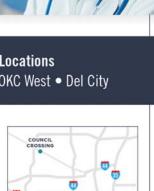
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#### GRANT Continued from Page 5

it to the specific needs of their patients or classroom," Arnold said. "This training grant is unique because it's a novel approach to the whole system."

The ultimate benefit goes to the children and the schools they attend. Physical therapists and occupational therapists serve an important role in the lives of children with disabilities, but perhaps not in the way people think. Rather than simply helping children who have disabilities with their muscle strength or range of motion, PTs and OTs take a broader view of how the children's environment can be modified to allow for their participation. Each child's services are customized according to their needs.

"Physical and occupational therapy is different for children with disabilities because, often, we're not going to be able to fix the disability," DeGrace said. "We can promote opportunities, such as buddy systems, which help students build friendships, or we address other threats to participation, such as attitudes toward children with disabilities. Because a student moves, talks or learns differently does not warrant exclusion from school life. Our



Sandra Arnold, Ph.D. co-principal investigator.

real goal is access – how can we help them be a part of everyday life at school?"

The grant will provide five years of funding, so that additional community providers and students can be trained each year.



## INTEGRIS Deaconess Receives Important Accreditations from the ACC



The American College of Cardiology has recognized INTEGRIS Deaconess, a campus of INTEGRIS Baptist Medical Center, for its demonstrated expertise and commitment in treating patients with chest pain and those who come to the cardiac cath lab for care.

The hospital was awarded both the Chest Pain Center Accreditation with Primary PCI and Resuscitation, as well as the Cardiac Cath Lab Accreditation in 2017. INTEGRIS Deaconess is the only health care system in Oklahoma and one of only six in the nation to receive these dual accreditations.

The first distinction is based on rigorous on-site evaluation of the staff's ability to evaluate, diagnose and treat patients who may be experiencing a heart attack. Percutaneous coronary intervention (PCI) is also known as coronary angioplasty. It is a non-surgical procedure that opens narrowed or blocked coronary arteries with a balloon to relieve symptoms of heart disease or reduce heart damage during or after a heart attack.

Hospitals receiving the second distinction have proven exceptional competency in treating patients who require cardiac catheterization. They ensure that care in the procedure room for sedation, infection control, radiation safety, universal protocol and time out procedures is fully coordinated. And, they have mastered the appropriate transfer to a cath recovery unit to better monitor and track complications, enhance physician-to-patient communication, patient communication. familv discharge instructions and follow-up information.

Facilities that achieve these accreditations meet or exceed an array of stringent criteria and have organized a team of doctors, nurses, clinicians and other administrative staff that earnestly support the efforts leading to improved patient outcomes.



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#### 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

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## The Children's Center Rehabilitation Hospital Welcomes Tonya Washburn, MD,

The Children's Center Rehabilitation Hospital is pleased to welcome Tonya Washburn, MD, to its medical staff.

Dr. Washburn is board certified in physical medicine and rehabilitation. She earned her undergraduate degree in zoology from the University of Oklahoma and a medical degree from the University of Oklahoma College of Medicine.

Following the completion of her medical degree, she completed a physical medicine and rehabilitation residency at the University of Arkansas.

Dr. Washburn has been practicing for more than 30 years. Her special interests include traumatic brain injury, neurorehabilitation, spasticity, Baclofen pump fill and programming, stroke rehabilitation, spinal cord rehabilitation and pain management. To learn more about The Children's Center Rehabilitation



Tonya Washburn, MD.

Hospital, please visit our website at **www.miracleshappenhere.org**.

# **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. Lindsey called to make an appointment. She shared some basic information, we set the date but before we hung up, Lindsey asked if I prescribed drugs. I told her no and she immediately cancelled her appointment. Why are people asking for drugs to solve their problems?

**A.** I do not have prescription authority, nor do I want to prescribe drugs. It is a liability that I do not wish to experience. Nor do I want people to attend therapy and look to drugs for the answer. If it looks like medication might be necessary, I have doctors for referral, but it is always as a last resort.

The ease in which people are obtaining drugs is alarming. I recently talked with someone who told me about paying \$200.00 cash for a month supply of Suboxone, NO QUESTIONS ASKED BY THE DOCTOR. According to this source, the waiting room was full.

Do you know how many people tell me on the phone or during their first therapy session that they are Bipolar and take meds? During the assessment I ask them to describe their episode or episodes of mania. They often look at me like I have two heads and state, "I don't know what mania is" or they say "I have never been manic." I explain the symptoms for mania to make sure we are talking the same language and again they reply with "no mania." But they are medicated.

Have you ever taken a drug and had side effects from that drug? So here is a too familiar scenario:

Susie's doctor prescribes an anti psychotic for anger dyscontrol. One of the side effects is weight gain. Susie puts on an extra 20 pounds quickly. Her doctor prescribes another medication to decrease her appetite. She is also taking a pill for depression. She starts having stomach discomfort so she gets a pill for acid reflux. Now she is constipated so she gets a pill to make her go to the bathroom. If you think this is fiction, you are wrong. It is being played out all over America.

And Big Pharma loves it!!!!! They are getting richer and richer and Americans are more drugged than ever!!! We cannot continue this craziness!!!

Therapy is not about taking drugs to solve your problems. It is about doing the work. Sometimes it is hard, you cry, you get angry, you get insight and you get better. But you have to do the work!!! There is no magic pill!!!



# 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** 

