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Comprehensive care

Nurse practitioners care for the whole patient

photo by James Coburn

Susan Byrd-Grandle, left, and her daughter-in-law JaLyn Byrd are both nurse practitioners serving the community.

by James Coburn  
Staff Writer

This is a story about two very nice nurse practitioners, Susan Byrd-Grandle, RN, and her daughter-in-law JaLyn Byrd, RN. The two women work well together.

and operated practice in Oklahoma City across the street from Deaconess Hospital. Family and Geriatric Medical Associates is one of a few family owned nurse practitioner practices left in the state, Grandle said.

for other entities, physicians or hospitals and I own this practice," Grandle said.

Byrd earned her nurse practitioner degree at Kramer School of Nursing at Oklahoma City University in May of 2014. Grandle has been a nurse practitioner since 1995

with prescription authority. Before she earned her advanced degree at West Texas A&M University, nurse practitioners lacked this authority.

"By the time I came along, we had to have a masters degree. I was one

Can you get the flu from a flu shot?  
Simply, no



Oklahoma Medical Research Foundation Scientist Eliza Chakravarty, M.D.

The flu virus can spread like wildfire. It kills roughly 36,000 Americans annually and makes many more miserable.

Even with the potential danger posed by the virus, why do as many as 60 percent of Americans forgo the annual flu shot?

A big factor is the long-held belief that the flu shot itself can give you the flu. But according to scientists at the Oklahoma Medical Research Foundation, this simply is false.

"The flu vaccine that we use now does not have live flu virus in it," said OMRF President Stephen Prescott, M.D. "The vaccine cannot infect you."

The vaccine is made from proteins in a lab, not from the virus itself. However, your body's immune system sees these proteins as foreign and makes antibodies that bind to them to prevent the influenza virus from infecting cells and spreading.

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## FLU

Continued from Page 1

This process prepares the body for a rapid immune response to the actual flu virus, often preventing the illness.

But a flu shot can cause mild side effects, and this is where some of the misunderstandings start.

OMRF immunologist Eliza Chakravarty, M.D., said the most common side effects are soreness, redness or swelling around the site of the injection, and some people may occasionally experience a low-grade fever. But, according to Chakravarty, this is no cause for alarm, "It's just your body doing its job and developing protective immunity."

These symptoms, though, won't be anything like the full-blown flu, said Prescott, a physician and medical researcher. "The flu will give you a high fever and muscle aches all over your body. Those symptoms are usually severe, and the disease can be life-threatening."

Very rarely, a person might get the flu after receiving the flu vaccine, but Chakravarty says not to blame it on the shot.

"In these instances, a person was already exposed to the virus," she said. "Most likely, they were in an



Oklahoma Medical Research Foundation Post-Doctoral Fellow Yao Fu receives her annual flu shot.

incubation period without symptoms, but the vaccine didn't cause the illness. This is just coincidental and unrelated to receiving the shot. Essentially, it would just be bad luck."

If you haven't gotten vaccinated this year, Chakravarty urges you to do

so.

"It's never too late to get the flu shot," she said. "We've found that the flu can linger within a community longer than we expected, so it's always a good idea to protect yourself and your loved ones."

## INTEGRIS Family Care South Penn Earns National Recognition for Patient-Centered Care

The National Committee for Quality Assurance (NCQA) recently announced that INTEGRIS Family Care South Penn in Oklahoma City has received NCQA Patient-Centered Medical Home (PCMH) Recognition for using evidence-based, patient-centered processes that focus on highly coordinated care and long-term, participative relationships.

The NCQA Patient-Centered Medical Home is a model of primary care that combines teamwork and information technology to improve care, improve patients' experience of care and reduce costs. Medical homes foster ongoing partnerships between patients and their personal clinicians, instead of approaching care as the sum of episodic office visits. Each patient's care is overseen by clinician-led care teams that coordinate treatment across the health care system. Research shows that medical homes can lead to higher quality and lower costs, and can improve patient and provider reported experiences of care.

"NCQA Patient-Centered Medical Home Recognition raises the bar in defining high-quality care by emphasizing access, health information technology and coordinated care focused on patients," said NCQA President Margaret E. O'Kane. "Recognition shows that INTEGRIS Family Care South Penn has the tools, systems and resources to provide its patients with the right care, at the right time."

To earn recognition, which is valid for three years, INTEGRIS Family Care South Penn demonstrated the ability to meet the program's key elements, embodying characteristics of the medical home. NCQA standards aligned with the joint principles of the Patient-Centered Medical Home established with the American College of Physicians, the American Academy of Family Physicians, the American Academy of Pediatrics and the American Osteopathic Association.

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## NURSES

Continued from Page 1

of the first groups through," she explained. "And now of course you have to have a doctorate, so I have a Ph.D and JaLyn has a DNP, a Doctor of Nurse Practice.

"When I retire, JaLyn will take over the practice. But I have to get old enough to retire," Grandle said.

Byrd went to nursing school with the goal of becoming a licensed family nurse practitioner. She likes the idea of treating and diagnosing patients to prevent chronic disease in the community, Byrd said. She has experience in acute care as a registered nurse, a field she embarked on in 2008. She had worked at OU Medical Center in orthopedics and neurology.

"Our practice differs from physicians whereas we put a lot of focus on prevention and viewing the patient as a whole entity," Byrd said. "There are factors that enter their lives that may prevent them from following a more paternal type of plan of care."

Byrd said a nurse practitioner is not effective when their patient cannot afford insulin and does not take it.

"So we are better at looking at those types of things and trying to draw them into our plan of care, and partner with the patient to treat their chronic illnesses, prevent complications and chronic illnesses," Byrd said. "And we're real good at getting them to start early in preventing chronic illnesses. Those are some of the strengths of nurse practitioners, and our training gears us towards those things."

In order to communicate effectively, a nurse practitioner must know their patient, Grandle said. This includes knowing a patient's entire social and economic situation they face on a daily basis.

"I'll give you an example of a diabetic out of control," Grandle said. "It doesn't serve the patient, nor the provider well for you to look at it and assume their A1C (insulin) is high because they are non-compliant."

Grandle and Byrd must consider all the other risk factors involved in their patient's life. Then they must partner with the patient, Grandle said, in order for the patient to understand the severity of diabetes out of control.

"There is no return for the things we do here for the diabetic out

of control in three or six months," Grandle said. "It doesn't work. It's once a week. They bring their diabetic logs, finger stick, blood sugars, what they ate. Ongoing, continuing diabetic education goes on in each of these rooms.

"Every week we modify the plan, adjust their insulin. That's when we find out they couldn't afford to buy it."

So Grandle and Byrd carefully consider community resources in order to provide insulin free of charge and also for referral purposes. Seeing a patient frequently instills in them a commitment because Grandle and Byrd are committed.

"We offer a \$40 visit," Byrd said of people without insurance.

Most of the insulin is sampled from their practice and they also have access to other patient assistance programs when needed.

"We will actually help them fill out the paper work for free drugs," Grandle said. "We have access to the Community Pharmacy and the Med-Assist program."

When talking about diabetes, it is unlikely that diabetes is the only co-morbidly because of the cardiovascular risks associated with diabetes.

"Their blood pressure has to be lower than the average, healthy person. Their cholesterol has to be lower because of the risk for stroke and heart attacks. Congestive heart failure is a big one and renal failure."

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# CAREERS IN NURSING

## PROBLEM SOLVER - GENUALDI MAKES THINGS BETTER

by James Coburn - Writer/Photographer

Teamwork is what keeps Kelly Genualdi, RN, gratified about her role as clinical advocate with the intermediate step down brain and vascular unit at Mercy Hospital.

"That makes my day a good day. I look forward to coming here every day," she said. "The attitude is good. The positivity is good. People really do want to learn about Mercy's culture, and that is to provide excellent care to the patient in a compassionate manner."

Genualdi graduated from nursing school at the University of Central Oklahoma 15 years ago. Her career has involved other hospitals, but she has a fondness for Mercy.

"I love Mercy's culture and our mission. I definitely feel at home at Mercy," Genualdi said. "But my background has been ortho/neuro. That's where I started out with basic med/surg in an orth/neuro unit. And then I went into ICU. I've done neuro clinical education."

Her position as clinical advocate at Mercy was designed 15 months ago. She was heavily involved with the on-boarding of experienced coworkers. The new registered nurses will go through the learning center, she explained.

"We really try to mentor our nurses coming in to help with retention," Genualdi said. "Statewide, we know retention in nursing is terrible. Mercy wants to focus on keeping those nurses. We want to grow with them here. So I'm a huge part of that."

When Genualdi accepted her new role, the turnover rate for her unit was 40 percent, she said. It's down to 12 percent within a year, she added. Great teamwork helps to make her job easy, she said.

"It helps having a good team. We have a great team," she said.

Genualdi also does a great volume of auditing to keep up with Centers for Medicare and Medicaid Services guidelines to keep up with

regulations.

"Any type of hospital infections you get all have to be reported now. So we keep track of hospital acquired urinary track infections, hospital acquired blood sugar infections because of the invasive lines we put in people," she said.

The auditing of nurses and nursing assistants is done to make sure that Mercy is providing its best care for patients.

"So that's why this role was developed," she explained. "It's to make sure we are doing proper care for our patients, so that when they leave here, we haven't caused them harm."

Mercy is focused on safety. So the nursing staff goes through a mandatory safety class for everybody to learn about keeping patients safe. This may include the prevention of falls, medication errors and hand hygiene to prevent the transmission of germs or bacteria, Genualdi continued.

She said that she became a nurse because she wanted to see people get

better. She has seen people hurt and wants them to recover to wellness.

"It was perfect for me when I did ortho/neuro because you see people come in and they get better and go home in three or four days if it's an orthopedic surgery," she said.

Then she challenged herself to a different population of patients in ICU. She learned about another part of nursing that was to help the families cope once they left the hospital with or without their family members.

"But it's about relationship building whether it be the patients, the families or the staff, Genualdi said. "It all boils down to relationships that you form with people."

The previous areas of nursing helped her to gain the empathy and understanding needed in her present role, she said.

Otherwise she wouldn't understand the importance of auditing or have the

See GENUALDI Page 8



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HERITAGE COMMUNITY, a skilled nursing/assisted living facility is now hiring licensed CNAs, LPNs, and RNS. Please apply in person at: Heritage Community, 1401 N. Lelia Guyman, OK 73942. EOE

**We Are Taking Applications For Certified Nurse Assistants, Charge Nurse And Part Time Activities Director.**

Apply in person: Broken Arrow Nursing Home 424 N Date Ave, Broken Arrow, OK 74012

**WE ARE SEEKING CERTIFIED HOME HEALTH AIDE, CERTIFIED NURSING ASSISTANT, PERSONAL CARE ATTENDANTS**

Excell Private Care Services is seeking CHHA, CNA, personal care attendants in your area and surrounding towns to assistant clients/ members at their place of residence. Call 580-357-3469. 1511 W Gore Blvd, Lawton, OK 73507

**We are hiring Medical Assistant, Full Time. Great pay and benefits.**

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### 140 GENERAL NURSING

**Now taking applications for Certified Nurse Assistants and Certified Medical Aides positions for all shifts. We are also taking applications for 11-7 Licensed Practical Nurse.**

Forrest Manor Nursing Center is now taking applications for CNA and CMA positions for all shifts. We are also taking applications for 11-7 LPN. Come join a team of long term employees who take pride in providing excellent care to our residents. Rate of Pay is as follows: 3p to 11p - \$11/ 11p to 7a - \$11.25 / Weekend \$12. Please apply at 1410 N Choctaw St, Dewey, OK 74029

### 140 GENERAL NURSING

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#### To apply go to:

**[www.OKHeart.com/careers](http://www.OKHeart.com/careers)**

Oklahoma Heart Hospital considers all qualified applicants including protected veteran or disability status. AA/EOE



#### 140 GENERAL NURSING

**We are now hiring an Licensed Practical Nurse for the 3-11 shift and Certified Nurse Assistants/Certified Medical Assistants on the 3-11 shift.**

Please apply in person at The United Methodist Health Care at 2316 W. Modelle, Clinton, OK

#### WE ARE ACCEPTING APPLICATIONS FOR FULL TIME NURSE FAMILY PRACTICE

MEDICAL CLINIC accepting applications for full time nurse. Bi-lingual a plus but not required. Excellent benefits, salary based on experience. Send resume to: Business Manager McMurry Clinic 123 Medical Drive Guymon, OK 73942

#### We are taking applications for Licensed Practical Nurses & Certified Nurse Assistants.

Heavener Manor is taking applications for LPNs and CNAs. Come by and talk to Wyvonne Wright, DON. 204 W. 1st Street, Heavener, OK. No phone calls please.

**We are looking for hardworking weekend Certified Nurse Assistants, Certified Medical Assistants, and Licensed Practical Nurses to come and join our team.**

TEN OAKS We are looking for hardworking weekend CNAs, CMAs, and LPNs to come and join our team. Please apply at the community at 3610 SE Huntington Circle, Lawton, OK. No phone calls. EOE.

#### 140 GENERAL NURSING

**Now Hiring Weekend Registered Nurse, Weekend Licensed Practical Nurse, Housekeeper, Cook And Dietary Aides.** Apply in person, Broken Arrow Nursing Home. 424 N Date Ave, Broken Arrow, OK 74012

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Light refreshments will be provided.



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Call 405.272.6671 or visit [saintsnearyou.com](http://saintsnearyou.com)  
to submit your application.

#### 140 GENERAL NURSING

**We are now hiring an Licensed Practical Nurse for the 3-11 shift and Certified Nurse Assistant's on the 11-7 shift.**

Please apply in person at The United Methodist Health Care at 2316 W. Modelle, Clinton, OK

**We are Taking Applications For Immediate Employment For: Dietary Aid And Weekend Registered Nurse.**

Apply in person: Broken Arrow Nursing Home. 424 N Date Ave, Broken Arrow, OK 74012

#### 140 GENERAL NURSING

**We are hiring Full-Time Oklahoma Certified Nurse Aid, Minimum TWO Years Experience Required, Maturity and Reliability a Must.**

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*See Page 5 for  
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#### 140 GENERAL NURSING

**We are Accepting Applications For: Director of Nursing · Certified Medical Aide Evenings and Nights · Certified Nurse Aide WK DBL · Licensed Practical Nurse Night Shift · PRN all shifts and roles.**

University Village Retirement Center. 8555 S. Lewis, Tulsa, OK 74137. Equal Opportunity Employer

#### 140 GENERAL NURSING

**We Are Looking For A CNA Days and A CNA For Weekend Doubles. We Also Have An LPN Open For 10 To 6 Shift.**

WILLOW HAVEN Nursing Home. We are looking for a C.N.A days and A C.N.A for weekend doubles. We also have an L.P.N open for 10 to 6 shift. If you are tired of not being a team, come work for us. We are a small home with a home like atmosphere. 1301 N 5th, Tonkawa, OK 580- 628-2529

#### 140 GENERAL NURSING

Hospice Nurses. Hospice of Green Country, the only non-profit United Way supported hospice in Tulsa, has positions open for RN Case Manager and LPN Hospice Nurse. OK nursing license required. Previous hospice experience and Allscripts software a plus. Qualified candidates who desire a focus on excellent patient care, please send resume to fax 918-747-2573. 1120 S. Boston, Suite 200 Tulsa, OK 74119. EOE

#### 204 REGISTERED NURSE

**We are accepting applications for an Registered Nurse Case Manager! \$1000.00 Sign On Bonus! We are on the GROW!**

Cypress Home Care of Hugo, OK, is accepting applications for an **RN Case Manager! \$1000.00 Sign On Bonus!** We are on the GROW! Apply in person-complete an appl. at: 2816 E. Jackson St. Suite. B. Hugo, OK 74743. 580-317-9333.





Kelly Genualdi involves herself with making life better for the nurses in her unit. She serves as clinical advocate with the intermediate step-down brain and vascular unit at Mercy Hospital in Oklahoma City.

## GENUALDI

Continued from page 4

depth of understanding about safety issues.

"What's the big picture? Why are we losing these nurses?" she would ask herself when she tended the bedside of patient care.

"You see that on the bedside care of it. In this role you actually get to try and recover those situations and retain those nurses, and find ways to figure out what is going on," she said. "And I think it's helped. And it's helped having great leadership."

Nurses come to her when their day is stressful. And they talk about

it, Genualdi said.

"They are so busy," she said. "One thing that April and I do very well is we get out there and help them."

With helping hands she lightens the load. She shows them that she cares and will not sit in her office when they are overwhelmed.

Nurses care for people but they also need to care for themselves. When Genualdi is at home, she is active with her kids, ages 10 and 13.

"I'm usually at their events. They're extremely busy in activities so we are always on the go," she said. "Sometimes I feel I don't have a home because I am never there. But when I leave here and go to family - that's my stress relief."

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# INTEGRIS Changing Your Weighs in the New Year

Get the New Year off to a healthy start! Changing Your Weighs, sponsored by INTEGRIS Community and Employee Wellness, is a down-to-earth weight loss program with particular emphasis on eating healthier and increasing physical activity. This course is designed for adults (18+) who are ready to make lifestyle changes. It is a comprehensive eight-week weight management program that includes behavior modification and nutrition education with a registered dietitian.

Sessions available:

- Fridays, Noon to 1 p.m., Jan. 8 to Feb. 26 at INTEGRIS Southwest Medical Center, 4200 S. Douglas Ave., Suite B-10, Oklahoma City, OK 73109.

- Thursdays, Noon to 1 p.m., Jan. 7 to Feb. 25 at INTEGRIS PACER Fitness Center, 5520 N. Independence Ave., Oklahoma City, OK 73112.

- Thursdays, 5:30 to 6:30 p.m., Jan. 7 to Feb. 25 at INTEGRIS PACER Fitness Center, 5520 N. Independence Ave., Oklahoma City, OK 73112.

Sign up for the session that works best with your schedule. Cost: No charge for this program; reservations are required.

For more information, please call the INTEGRIS HealthLine at 405-951-2277.

## FACEBOOK FUNNIES - SHARED - JOIN US!



I am an ER nurse. I am so tired of bringing a patient meds and having the whole family ask “Did the doctor recommend that?” No, the janitor thought some norepinephrine might fix your mom’s BP of 50/10, but she seemed pretty confident so I went with it.



## Oklahoma's Nursing Times Hospice Directory

- another free service provided by Oklahoma's Nursing Times -

**Alpha Hospice:**  
7512 N Broadway Ext., suite 312  
Okc, 405-463-5695 Keith Ruminer/  
volunteer coordinator/chaplain

**Autumn Bridge Hospice:**  
405-440-2440

**Autumn Light Hospice:**  
580-252-1266

**Carter Healthcare & Hospice:**  
OKC - OKC Pat McGowen, Vol  
Coordinator, 405-947-7705, ext. 134;  
Tulsa - Samantha Estes, Vol.  
Coordinator, 918-425-4000

**Centennial Hospice:**  
Becky Johnson, Bereavement  
Coordinator 405-562-1211

**Chisholm Trail Hospice:**  
Tiffany Thorne, Vol. Coordinator,  
580-251-8764

**Choice Home Health & Hospice:**  
405-879-3470

**City Hospice:**  
Beth Huntley, Vol. Coordinator,  
405-942-8999

**Comforting Hands Hospice:**  
Bartlesville: 918-331-0003

**Companion Hospice:**  
Steve Hickey, Vol. Coordinator, Guthrie:  
405-282-3980; Edmond: 405-341-9751

**Compassionate Care Hospice:**  
Amy Legare, Bereavement/Vol.  
Coordinator, 405-948-4357

**Cornerstone Hospice:**  
Vicky Herrington, Vol. Coordinator,

918-641-5192

**Hometown Hospice:**  
Robin Boatman, Com. Relations, Broken  
Arrow: 918-251-6441; Muskogee:  
918-681-4440.

**Crossroads Hospice:**  
Elizabeth Horn, Vol. Coordinator,  
405-632-9631

**Cross Timbers Hospice:**  
Ardmore-800-498-0655  
Davis-580-369-5335 Volunteer  
Coordinator-Shelly Murray

**Excell Hospice:**  
Toni K. Cameron, Vol. Coordinator  
405-631-0521

**Faith Hospice of OKC:**  
Charlene Kilgore, Vol. Coordinator,  
405-840-8915

**Freedom Hospice:**  
Tulsa: 918-493-4930; Claremore:  
918-343-0493; Tollfree: 866-476-7425

**Frontier Hospice:** Kelly Morris, Vol.  
Coordinator, 405-789-2913

**Golden Age Hospice:** 405-735-5121

**Good Shepherd Hospice:**  
4350 Will Rogers Parkway Suite 400  
OKC OK 73108 405-943-0903

**Grace Hospice Foundation:**  
Sharon Doty, Dir of Spec. Projects -  
Tulsa 918-744-7223

**Harbor Light Hospice:**  
Randy Pratt, Vol. Coordinator,  
1009 N Meredian, Oklahoma City, OK

73107 405-949-1200

**Horizon Hospice:**  
LaDonna Rhodes, Vol. Coordinator,  
918-473-0505

**Heartland Hospice:**  
Shawnee: Vol. Coord. Karen Cleveland,  
405-214-6442; Norman: Vol. Coord. Lisa  
Veauchamp, 405-579-8565

**Heavenly Hospice:**  
Julie Myers, Coordinator 405-701-2536

**Hope Hospice:**  
Bartlesville: 918-333-7700, Claremore;  
918-343-0777 Owasso: 918-272-3060

**Hospice by Loving Care:**  
Connie McDivitt, Vol. Coordinator,  
405-872-1515

**Hospice of Green Country:**  
Tulsa: 918-747-2273, Claremore:  
918-342-1222, Sapulpa: 918-224-7403

**INTEGRIS Hospice, Inc. & the  
INTEGRIS Hospice House** Ruth Ann  
Frick, Vol. Coordinator, 405-848-8884

**Hospice of Owasso, Inc.:**  
Todd A. Robertson, Dir. of Marketing,  
877-274-0333

**Hospice of the Cherokee:**  
918-458-5080

**Humanity Hospice:**  
Kay Cole, Vol. Coordinator  
405-418-2530

**InFinity Care of Tulsa:**  
Spencer Brazeal, Vol. Director,  
918-392-0800

**Indian Territory Home Health &  
Hospice:** 1-866-279-3975

**Interim Healthcare Hospice:**  
405-848-3555

**Image HealthCare :**  
6116 S. Memorial Tulsa, Ok. 74133

(918) 622-4799

**LifeChoice Hospice:**  
Christy Coppenbarger, RN, Executive  
Director. 405-842-0171

**LifeSpring In-Home Care  
Network:**  
Terry Boston, Volunteer and  
Bereavement Coordinator 405-801-3768

**LifeLine Hospice:**  
April Moon, RN Clinical Coordinator  
405-222-2051

**Mays Hospice Care, Inc.**  
OKC Metro, 405-631-3577; Shawnee,  
405-273-1940

**McCortney Family Hospice**  
OKC/Norman metro 405-360-2400  
Ada, 580-332-6900 Staci Elder Hensley,  
volunteer coordinator

**Mercy Hospice:**  
Sandy Schuler, Vol. Coordinator,  
405-486-8600

**Mission Hospice L.L.C.:**  
2525 NW Expressway, Ste. 312  
OKC, OK 73112 405-848-3779

**Oklahoma Hospice Care**  
405-418-2659 Jennifer Forrester,  
Community Relations Director

**One Health Home  
Health in Tulsa:** 918-412-7200

**Palliative Hospice:**  
Janet Lowder, Seminole, & Sabrina  
Johnson, Durant, 800-648-1655

**Physician's Choice Hospice:**  
Tim Clausung, Vol. Coordinator  
405-936-9433

**Professional Home Hospice:**  
Sallisaw: 877-418-1815; Muskogee:  
866-683-9400; Poteau: 888-647-1378

**PromiseCare Hospice:**

Angela Shelton, LPN - Hospice  
Coordinator, Lawton: (580) 248-1405

**Quality Life Hospice:**  
405 486-1357

**RoseRock Healthcare:**  
Audrey McCraw, Admin. 918-236-4866

**Ross Health Care:**  
Glenn LeBlanc, Norman, Chickasha;  
April Burrows, Enid; Vol. Coordinators,  
580-213-3333

**Russell Murray Hospice:**  
Tambi Urias, Vol. Coordinator,  
405-262-3088; Kingfisher 405-375-5015;  
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**Seasons Hospice:**  
Carolyn Miller, Vol./Bereavement  
Coordinator, 918-745-0222

**Sequoyah Memorial Hospice:**  
Vernon Stone, D. Min. Chaplin, Vol.  
Coordinator, 918-774-1171

**Sojourn Hospice:**  
Tammy Harvey, Vol. Manager  
918-492-8799

**Sooner Hospice, LLC:**  
Matt Ottis, Vol. Coordinator,  
405-608-0555

**Tranquility Hospice:**  
Kelly Taylor, Volunteer Coordinator  
Tulsa : 918-592-2273

**Valir Hospice Care:**  
Dee Fairchild , Vol. Manager OKC Metro:  
405.609.3636 Chandler  
Shawnee/Cushing: 405.258.2333 Toll  
Free: 888.901.6334

**Woodard Regional Hospice**  
580-254-9275 Cathy Poe, RN Director





**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. So it is 2016 and I am faced with looking at my life again. The beginning of a year is like cleaning out my closet, no easy endeavor. I really need a way to do this so it doesn't seem so daunting. Any ideas?**

**A.** The first thing I think of is a 2016 Life Inventory, much like your closet. This inventory would list all the different parts of your life, breaking them down in detail and giving you pause to reflect on how they work for you.

For example: How do you deal with anger?

1. Do you hold on to it and file it for later?
2. Do you explode immediately before thinking about it?
3. Do you act it out in a passive-aggressive manner?
4. Do you appropriately express your anger in a timely manner and let it go?

Get the idea? Remember when taking your inventory, keep what works and work to get rid of what doesn't.

Here are some additional inventory items:

How Do You Deal With The Following:

1. Forgiveness
2. Your weight
3. Pleasing others at your own expense
4. Compassion
5. Managing you money
6. Having healthy friendships
7. Expressing negative emotions
8. Admitting when you are wrong
9. Reaching out when you need help
10. Finding quiet time for yourself

Taking a life inventory could become a part of your daily life. It doesn't have to wait until the beginning of a new year. The goal is to make healthy changes when the need arises, not wait for a specific date.

A New Year's resolution is something that goes in one year and out the other. They work for a short time. They fizzle out because they are attempts at changing ourselves from the outside in. Real change happens from the inside out. Let's make New Year's Revelations. Then we will truly ring out the old and ring in the new.

# FOUNDATION RELEASES NEW DEMENTIA CARE TRAINING PROGRAM

## *"AFA Partners in Care: Supporting Individuals Living With Dementia" Available Now*

A meaningful understanding of dementia is essential to any dementia care provider's toolbox, but being armed with just the basics is not enough. Today's professional, including nurses, social workers, assisted living and long term care professionals, need a host of other skills and sensitivities to make a positive difference in the quality of life for people with dementia and their families. The Alzheimer's Foundation of America (AFA) has announced a new program—available through its Dementia Care Professionals of America (DCPA) division—that aims to transform the standard of dementia care. "AFA Partners in Care: Supporting Individuals Living with Dementia," is a six-hour comprehensive training video that emphasizes the importance of relationship-building in dementia care.

In recent years, there has been a significant shift toward a culture of dementia care that is person-centered, valuing the uniqueness of each individual rather than applying a "one size fits all" approach to care. This philosophy involves interdisciplinary collaboration among care providers and places individuals with dementia and their families at the center of decision-making processes to ensure care plans reflect their needs and preferences. Such thinking is critical to promoting wellness and health and improving the delivery of dementia care across the board. In fact, the National Plan to Address Alzheimer's Disease, which was released in 2011 and updated annually since, counts "Enhancing Care Quality and Efficiency" as one of its goals.

"As the incidence of Alzheimer's disease continues to rise, it is critically important that today's healthcare and emergency services professionals are cognizant of the

specific skills and considerations involved in caring for individuals with dementia," said Charles J. Fuschillo, Jr., AFA's president and CEO. "Our new training program is geared toward helping professionals improve quality of life for individuals with dementia and their families."

The video features a variety of health care professionals, including renowned industry experts James Galvin, M.D., M.P.H., associate professor for clinical research and professor in the Charles E. Schmidt College of Medicine at Florida Atlantic University, and medical director of the Louis and Anne Green Memory and Wellness Center and professor at the Christine E. Lynn College of Nursing; Mark Lachs, M.D., professor of medicine and co-chief of the division of geriatrics and gerontology at Weill Cornell Medical College; Richard Powers, M.D., a geriatric psychologist and neuropathologist and member of AFA's medical and scientific advisory board; and dementia care consultant and educator Teepa Snow, M.S. O.T.R./L., F.A.O.T.A. In addition, critical perspectives and insights are provided by individuals living with dementia, their families and other care providers, including direct care workers.

"We are proud of this innovative training program, which goes beyond the basics and encourages participants to think critically about their work," said Molly Fogel, LCSW, AFA's director of educational and social services. "It is our hope that the video's emphasis on relationship-building as the cornerstone of high-quality dementia care, will cultivate a more skilled and empathetic workforce that is prepared to meet the unique needs of this growing population."





# NURSE + TALK

Read what other health care professionals have to say...

## What is your reaction to the recent earthquakes? Mercy Hospital

"My alarm went off at 5:30 a.m. yesterday which is right around the time it hit. I never wake up easy and I was ready to take on the day. So I think I felt it, but I think I was also asleep."



Katie Lundberg, RN

"I don't think I felt it yesterday because I was actually off, so I got to sleep in yesterday and I didn't really notice it. Someone told me there was one."



Joyce Alsobrook, RN

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

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Mustang, Ok. 73064

"It actually woke us up. Our whole bed shook. Our house shook and the kids woke up. We felt the initial 4.3 and one of the aftershocks."



Brandi Price, RN

"I was actually taking my basic life support class. They were like, 'Did you guys feel that? That was insane?' We were in the middle of chest compressions and nobody heard it."



Charles Main, RN  
Medical Surgical

## DEMENTIA

Continued from Page 10

Participants who complete the training can take an exam to demonstrate their proficiency in the subject matter and become an AFA-Certified Dementia Care Partner. This certification, renewable each year, will require that individuals earn continuing education credits in dementia care-related core competencies. DCPA offers training,

certification and other benefits to dementia care professionals, including doctors, nurses, social workers, home health aides and therapists. DCPA has trained more than 8,000 professionals since the division was founded in 2004. For more information about DCPA's newest training program, visit <http://www.careprofessionals.org/> or contact Molly Fogel at 866-232-8484 or email: [mfogel@alzfdn.org](mailto:mfogel@alzfdn.org).

## ORTHOPEDIC SURGEON JOINS OU PHYSICIANS

Lindsay E. Hickerson, M.D., a fellowship-trained orthopedic surgeon, has established her practice with OU Physicians. She has also been named an assistant professor in the department of Orthopedics at the University of Oklahoma College of Medicine.

Hickerson is board eligible in orthopedic surgery. She specializes in direct anterior approach total hip arthroplasty, a muscle-sparing technique allowing the surgeon to reach the hip joint from the front of the hip as opposed to the side or back approach.

Hickerson completed an orthopedic trauma fellowship at the Hospital for Special Surgery, New York City. She completed her orthopedic surgery residency and earned her medical degree at Virginia Commonwealth University, Richmond.

Hickerson is a member of the Orthopedic Trauma Association, AO Trauma Foundation and American Academy Orthopaedic Surgeons.

Hickerson sees patients at the OU Physicians building, 825 N.E 10th Street, Oklahoma City. For an appointment with an OU Physicians orthopedic surgeon, call (405) 271-2663.

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