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"I'm Proud of You"



Deb McCullock, DNP is the assistant professor of Southern Nazarene University, School of Nursing, located in Bethany, OK.

by Vickie Jenkins, Staff Writer

Founded in 1899, Southern Nazarene University is a private, Christian, liberal arts university, a service of the Church of the Nazarene. Located on a 40-acre campus just west of Oklahoma City, SNU grew out of several small colleges committed to training people for lives of service to God, leadership and reconciliation toward their neighbors and within the global community. More than 32,000 alumni work and serve throughout the

United States and the world.

Deb McCullock, DNP, is a assistant professor of the School of Nursing at SNU, just one of the many professors here at the university. Deb grew up in Indianapolis and moved to Oklahoma when she was in high school. "My family and I relocated and I have lived here in Oklahoma ever since," she said. "At the time, I wasn't too sure about it. I'm considered an Okie now though," she added. "There was such a difference in the two states, it was

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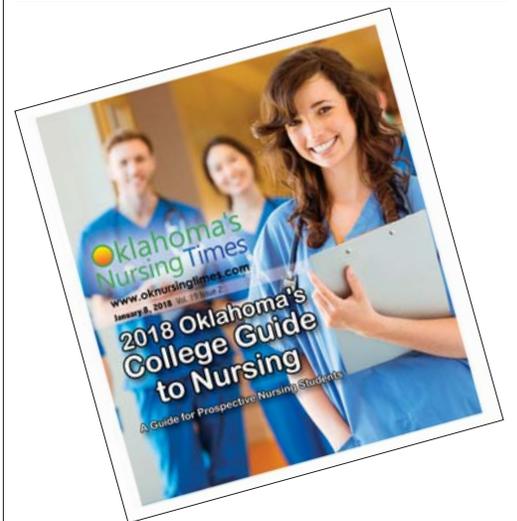
Orthopedic Associates Joins Mercy



For more than 50 years, Orthopedic Associates has been one of the largest orthopedic practices in the Oklahoma City metro area. Effective Jan. 1, 2019, Orthopedic Associates is now Mercy Clinic Orthopedic Associates.

Orthopedic Associates' 12 highly skilled providers will continue to offer a full spectrum of orthopedic services to patients of all ages at Mercy Clinic locations in Edmond, El Reno, Oklahoma City

See MERCY Page 2



Oklahoma's 2018 Education Guide to Nursing INSIDE THIS ISSUE! Call 405-631-5100 to be included in the 2019 issue of the Education Guide!

MERCY

Continued from Page 1

and Weatherford. The team will also continue to support several high school and college sports programs across Oklahoma.

In addition to the clinics, Mercy also acquired a surgery center on Mercy Clinic Orthopedic Associates' Oklahoma City campus.

"At Mercy, we are always looking for opportunities to provide the very best care to even more patients in our region," said Dr. Jesse Campbell, chief administrative officer of Mercy Clinic in Oklahoma. "Orthopedic Associates has a great reputation in the community among patients and providers, and we are so excited to welcome them to our team. Together, we will do great things."

By joining with Mercy, the orthopedic clinics will be able to accept more types of insurance and gain access to a large network of resources and providers.

In February, patients of Mercy Clinic Orthopedic Associates will also have access to MyMercy, a free online system where they can review test results, email their provider and request prescription refills 24 hours a

day, seven days a week.

"We are proud of Orthopedic Associates' 50-year heritage and looking forward to working with Mercy Clinic to improve orthopedic care for all Oklahomans," said Dr. Gary Anderson, president of Orthopedic Associates. To learn more about Mercy Clinic Orthopedic Associates, visit mercy.net/OAinOK or call (405) 947-0911 or the phone numbers listed below. Orthopedic services are available at these locations:

Mercy Clinic Orthopedic Associates - Edmond I-35, 2017 W. I-35 Frontage Road, Edmond, OK 73013 (405) 947-0911

Mercy Clinic Orthopedic Surgery - Edmond I-35, 2017 W. I-35 Frontage Road, Suite 250, Edmond, OK 73013 (405) 757-3340

Mercy Clinic Orthopedic Associates - El Reno, 2115 Parkview Dr., El Reno, OK 73036 (405) 947-0911

Mercy Clinic Orthopedic Associates - NW 50th Street, 3301 NW 50th St., Oklahoma City, OK 73112, (405) 947-0911

Mercy Clinic Orthopedic Associates - Weatherford, 3735 Legacy, Weatherford, OK 73096, (405) 947-0911

Norman Regional receives multiple achievement awards for cardiac care

Norman Regional Health System recently received three awards for excellence in the care of heart attack patients.

The three awards include the Mission: Lifeline® Silver Plus Receiving Quality Achievement Award and the Mission: Lifeline® NSTEMI Silver Quality Achievement Award for implementing specific quality improvement measures outlined by the American Heart Association for the treatment of patients who suffer heart attacks. The third award is American College of Cardiology's NCDR ACTION Registry Silver Performance Achievement Award for the health system's commitment and success in implementing a high standard of care for heart attack patients. There are only 95 hospitals nationwide to receive the award.

The American Heart Association's Mission: Lifeline program's goal is to reduce system barriers to prompt treatment for heart attacks, beginning with the 911 call, to EMS transport and continuing through hospital treatment and discharge. The initiative provides tools, training and other resources to support heart attack care following protocols from the most recent evidence-based treatment guidelines.

Norman Regional earned the Mission: Lifeline awards by meeting specific criteria and standards of performance for quick and appropriate



NORMAN REGIONAL
Health System

treatment through emergency procedures to re-establish blood flow to blocked arteries in heart attack patients coming into the hospital directly or by transfer from another facility.

Tim Henry, MD, chair of the Mission: Lifeline Acute Coronary Syndrome Subcommittee, said the committee commends Norman Regional for the award and for following evidence-based guidelines for timely heart attack treatment.

"We applaud the significant institutional commitment to their critical role in the system of care for quickly and appropriately treating heart attack patients," Dr. Henry said.

To receive the ACTION Registry Silver Performance Achievement Award, Norman Regional has demonstrated sustained achievement in the ACTION Registry for four consecutive quarters and has performed at the top level of standards for specific performance measures. Full participation in the registry engages hospitals in a robust quality improvement process using data to drive improvements in adherence to guideline recommendations and overall quality of care provided to heart attack patients.



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MCCULLOCK

Continued from Page 1

unreal. That was a long time ago and I suppose that I adjusted to the change just fine, Oklahoma is definitely my home now."

Deb has been a nurse for 32 years and a Professor at SNU for 2 years. "Even when I was a little girl, I knew that I wanted to be a mom and a nurse," she said. "I can't imagine doing anything else. I enjoy teaching and seeing the students learn. It is a good feeling knowing that I am teaching these students to become nurses. I know teaching others in the medical field is what I was meant to do with my life."

Asking Deb where she went to school, she had quite a list for me. "Let's see, after high school, I went to Redlands Community College in El Reno, OK for my associate's degree. Then, Southern Nazarene University for my Bachelor's degree. After that, I attended OU Health Science Center for my master's degree and Family Nurse Practitioner. Moving forward, I went to the University of Alabama for my doctrine of nursing practice. After

all of that, I ended up here at SNU," Deb replied.

"My biggest reward in my work as a professor is the fact that I get the opportunity to watch the students gain understanding of concepts that they were previously confused by. It is rewarding for me, as a professor to see their minds absorb so much information. I am proud of all of my students. On the other hand, my biggest challenge is time management. I have a hard time with that sometimes but I am trying to fit everything into a certain time frame. I'm still working on that myself, but I am getting better," she said with a laugh.

What advice do you give to your students? "Some of the most important advice I can give to my students is to tell them how important it is to remember that your family and your patients are people. Sometimes, I think we tend to forget to acknowledge that," she

replied. "We need to make that a priority and know that is important in any practice. Our attitude towards others is everything," Deb added.

Asking Deb what qualities she thought made a good nurse, she replied, "I think it is very important to pay attention to detail, time management, current knowledge and flexibility. Those are some of the best qualities about a nurse."

When Deb is not teaching at SNU, she enjoys spending time with her husband, four children, their spouses, and her three grandchildren, ages, three, six and nine. "I love spending time with my family," she said with a smile. I also like to run when I get the chance."

Deb has traveled to quite a few places to help others learn about nursing. She has been to Haiti and Peru. One thing that keeps Deb extra busy is her non-profit business; reading and writing grants in Zambia, Africa. She usually travels

once or twice a year with a group of volunteers. "The volunteering encompasses lots of things; we work with the local organizations, provide equipment and supplies to those in need and partner with local companies to work together and do whatever we need to do to help others," she said. "I just love traveling, knowing that I'm helping them in such a huge way."

The most positive words Deb uses when speaking to her students? I'm Proud of You. What an encouragement to all.

Southern Nazarene University

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Jim's journey to a heart transplant started in August of 2002. He had a mild stroke and was told a virus destroyed some of his heart muscle, which led to a diagnosis of cardiomyopathy. His second chance at life came ten years later from a young man in Boulder, Colo., named Neil. At the age of 16, Neil had marked his driver's license to be an organ donor. He was a marathon runner and loved climbing mountains around his hometown. Neil gave the gift of life to Jim and three other people. The experience came full circle for Jim and his wife, Nancy, with the emotional meeting of Neil's family in June of 2015.

Jim and Nancy first became involved with LifeShare four months after his transplant. The couple takes every opportunity to promote donation through sharing their story. Jim and Nancy have also walked in two Crop Hunger Walks in honor of Neil.

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.

LifeShare

CAREERS IN NURSING

DIRECTOR OF SURGICAL SERVICES: INTEGRIS DEACONESS

by Vickie Jenkins - Writer/Photographer

Meet John Stark, RN, BSN, Director of Surgical Services. Friendly and outgoing, he is known by his staff, co-workers and patients as always having a smile on his face, followed with a 'good morning.' Who could ask for a better Director?

The Department of Surgical Services at Integris Deaconess includes sterile processing and supplies, operating rooms, outpatient services, pre-admitting team and Endoscopy. John has 82 people under him as their Director which is a big responsibility in itself.

The Surgical Service unit is equipped with state-of-the-art instruments and scopes for general surgical procedures. These rooms are spacious, and designed with efficiency and safety in mind.

John grew up in Grove, OK. He became interested in the medical field when his sister was working in the Human Relations in the Nursing

Department. "I was visiting my sister quite often and that is when I decided I would go school to be a nurse. So, I guess you could say that my sister had quite an influence on me. One mentor that stands out to me was my preceptor, Rosa Maladies, RN who was a tremendous help to me when I was at Integris Southwest," John stated.

What qualities make a good nurse? "I think a nurse needs to be caring, willing to serve, open minded and definitely willing to change lives," John said.

What is your biggest reward with your job? "Working in the OR, it is the people you see coming in with serious problems and diseases knowing that we are helping them, making them better. It is a great feeling knowing that I am a part of that. I think it is for any nurse," he commented. What is your biggest challenge? "The biggest challenge in health care is trying to keep

the patient and the organizations to go in the same direction. Health care is changing all the time. Also, trying to keep the patients to have a positive outlook, letting them know that they are moving forward but it can be rough at times," John replied.

John has quite the experience in the medical field. He has been a nurse for 28 years. "I started out as an orderly and then a nurse tech. From there, I worked as a Recovery Nurse, Level One Trauma at OU, Supervisor of OR Recovery at Integris Southwest and a few hospitals in-between. I plan on getting my Masters in Health and Administration in February 2019," John said.

I asked John to describe himself. "I am definitely a family man and enjoy spending time with my wife and three children. I love God and I do the Lord's work, helping people, including patients, staff and

anywhere I can. I believe in taking care of myself so I can take care of others. I consider myself a leader, a hard worker willing to put the work in, doing my best. I like being a teacher and giving others a learning opportunity instead of discipline actions. I try to stay positive in everything I do." John replied.

A typical day for John starts out with safety huddles. The purpose of the unit based safety huddle is to increase safety awareness among nursing staff and to identify ways to help ensure that safety measures are in place for the safety of our patients. Next, I meet with the administration safety huddle team. After that, it's like running around with a bucket full of water, putting the fires out," he said with a laugh. "We manage to get those fires out," he added.

John, what advice would you

See STARK Page 5

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John Stark, RN, BSN, has many responsibilities as Director of Surgical Services for Integris Deaconess Hospital, continuing to keep a positive attitude in his daily life.

STARK

Continued from Page 4

give to someone going into the medical field? "I would tell them not to take certain things personal. If there is a problem, deal with it as quick as possible, don't put it off. Nursing can be a stressful job; just relax and stay positive. It can be rough at times, yet it is one of the most rewarding jobs there is and well worth the hard work."

It was October 1, 2018 when Integris Baptist Hospital bought AllianceHealth Deaconess Hospital. I spoke with John Stark, RN, BSN, Director of Surgical Services at Integris Deaconess about the transition. "I couldn't be happier. I'll have to say, things are so much better now. Integris Baptist has made improvements in a lot of different areas around the hospital. I can see some big changes ahead, all for the better," John replied.

Special to the Nursing Times

Find Your Voice

Angela Archer, BSN

"What can I do, I am just a nurse?!" This is a question I have often asked myself over the years as a staff floor nurse. I hadn't really given that particular question in my mind much credence until the past few years. Finding my voice and helping others find and use their voice has been a series of small steps, which I hope to inspire not only the persons around me in my place of work, but as a profession as a whole.

As nurses, we have a voice, and we use our voice every day at the bedside. We are all advocates, whether we know it or not. The term advocate is Latin for advocare, which means to "call to one's aid". Do we not do this every day? We advocate for our patients, however, we stop there, and fail to realize we can be, and do so much more beyond the bedside as advocates for ourselves and others. Yes, I understand most of us have families, have other obligations and commitments outside of work, I have been there. My priority was my family.



Angela Archer, BSN

Why is using and finding our voice so important to our profession, to ourselves and to each other? Because this is important to our future as professionals, as leaders, and as human beings helping other human beings. We are called to advocate every day, and we have a duty to fulfill that obligation. Whether on a small or larger scale, we can use our voice to make a change. Back to my original question, "What can I do, I am just a nurse?". Glad you asked, here are some of my suggestions I have learned and used along my road to "Finding My Voice":

1. Vote! This is one of the simplest and overlooked actions we can do as citizens and as nurses. If you don't vote, you are not using your voice, and yes, our votes as nursing professionals can make a difference, as there are over 74,000 licensed nurses in the state of Oklahoma. Pick up a voter registration application next time you renew your car tags at your local tag agency. You can also download an application from https://www.ok.gov/elections/Voter_Info/Register_to_Vote/

2. Write. Yes, I know, this can take a little more time, but a simple letter can potentially make a big difference. Write to your local state legislators. They listen, especially in this political environment of change we have been experiencing in Oklahoma. To find your legislator in your district, go to www.oklegislature.gov From there, you will be prompted to type your address, and your district legislators will appear. You then will be able to click on their pictures, and their contact information will be displayed. I will pass on knowledge that my own district house representative passed on to me. She told me, she has changed her mind on voting on a particular bill, after a constituent presented her with research that supported a stance that she was originally was against. She also stated, most of our legislators are businessmen/women, and do not know everything. Legislators need our input and need us as nursing professionals to help make decisions on bills that could potentially affect us as health care professionals and our patients.

3. Join. There are many differing nursing specialty organizations that are local, state or national. As a member of INS (Infusion Nurse Society), I attend meetings every other month, learn about various topics that not only benefits me, but my patients. I have also been past president of our state INS, and from this experience, I have grown as a leader as well. (Baby steps, lead to the next level). Join your place of work's leadership committees. This is where I started. Unit based council, practice council. You can use your voice to be heard, to use your voice on behalf of others. The potentials are endless. Again, you will be using your time, but the time will be well spent, and everyone will benefit.

These are some suggestions to start you on your way to "Finding Your Voice", to not only advocate for yourselves, but others who may not have their "voice". So you see, back to my original question I posed to myself many years ago, yes, I am nurse, and yes, I and you can do many things.

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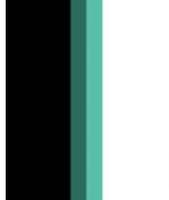
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- Registered Nurse (RN), FT, Mon-Fri, 8:30a-5p, Advanced Endoscopy (713734)
- Registered Nurse (RN), FT, 7p-7a, Critical Care Stepdown ICU Holds (714282)
- Registered Nurse (RN), FT, 7p-7a, 8 East IMC PCCU, Heart Hospital (714462)
- Registered Nurse (RN), FT, 7a-7p, Critical Care Stepdown (714284)
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- Registered Nurse (RN), FT, 7p-7a, Intermediate Med/Surg (714408)
- Registered Nurse (RN), FT, 7p-7a, Emergency Dept (714013)
- Registered Nurse (RN), FT, 7p-7a, Transplant Intensive Care Unit 701 (714150)
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INTEGRIS Health Edmond

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- Registered Nurse (RN), FT, 7p-7a, Med/Surg (714493)

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- RN OR Circulator, FT, Mon-Fri, Day Shift, Surgery (714243)

INTEGRIS Mental Health, Spencer, OK

- Registered Nurse (RN), FT, 3p-11p, STAR Unit - INTEGRIS Mental Health (714457)

INTEGRIS Southwest Medical Center

- Registered Nurse (RN), FT, 7a-7p, Neuro Stroke & Telemetry (714306)
- Registered Nurse (RN), FT, 7p-7a, Oncology Med/Surg (713522)
- Registered Nurse (RN), FT, Mon-Fri, 7a-3:30p, Heart Cath Lab (714442)
- Registered Nurse (RN), FT, 7p-7a, Emergency Dept (714657)
- Registered Nurse (RN), FT, 7a-7p, Med/Surg (713892)
- Registered Nurse (RN), FT, 7a-7p, Intermediate Care (714030)
- Registered Nurse (RN), FT, 7p-7a, Med/Surg (714278)
- Registered Nurse (RN), FT, 7p-7a, Intermediate Care (713935)
- Registered Nurse (RN), FT, 7p-7a, Intermediate Care (713911)
- Registered Nurse (RN), FT, 7p-7a, Med/Surg (713890)
- RN OR Circulator, FT, Mon-Fri, 6:30a-3p, Surgery (714305)

ACROSS THE METRO

- Clinical Education Consultant, Peri-Op Services, FT, Days, Nursing Education (713258)
- Clinical Education Consultant, FT, Variable hrs, Nursing Education (713801)
- RN Care Coordinator, FT, Days, CPC+Program, INTEGRIS Medical Group (714320)
- Home Care Director, FT, Home Health Administration (714527)
- Home Health Registered Nurse (RN), FT, 8a-8p, Friday, Saturday, Monday, INTEGRIS Home Care (712906)
- Case Manager Hospice - (RN), FT, Mon-Fri, 8am-5pm, INTEGRIS Hospice (714857)

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integrisOK.jobs

INTEGRIS considers all qualified applicants regardless of protected status as defined by applicable law, including protected veteran or disability status. AA/EOE

140 GENERAL NURSING

We are currently accepting applications for Certified Nursing Assistant and Licensed Practical Nurse positions.

Town of Vici Nursing Home is currently accepting applications for CNA and LPN positions. We have an excellent benefit package and flexibility in scheduling.
Apply at: 619 Speck in Vici, OK.

We are looking for full time Licensed Practical Nurses and Registered Nurses

Seminole Care and Rehabilitation Center is looking for full time LPN's and RN's to work Monday - Friday 3:00 PM to 11:00 PM. 1200 E Wrangler Blvd, Seminole, OK 74868

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Position will support Moore Norman's Mission, Vision and Core Values through educating, motivating, inspiring and supporting students. Please visit www.mntc.edu for complete job description, requirements and benefits details. Closes January 25, 2019.

Apply Online at www.mntc.edu or fax application to (405) 701-6718.

204 REGISTERED NURSE

Registered Nurse, Emergency Room.

This position participates in total nursing care for patients, participates in family teaching and provides leadership by working cooperatively with ancillary, nursing and other patient team personnel in maintaining standards for professional nursing practice in the clinical setting. RN license in good standing in the State of Oklahoma. Current BLS, ACLS and PALS certification. Successful completion of an accredited RN training program. Preferred: Minimum of 2 years of successful work experience as a RN in emergency or critical care nursing. Recent training in Emergency Nurse Pediatrics and Trauma Nurse Core. Pauls Valley General Hospital: 100 Valley Dr, Pauls Valley, OK 73075.

We are currently seeking Registered Nurses who have a passion for providing the highest quality care in an institutional setting.

At CoreCivic, we do more than manage inmates, we care for people. CoreCivic is currently seeking Registered Nurses who have a passion for providing the highest quality care in an institutional setting. The Registered Nurse (RN) plans and provides comprehensive nursing care including, but not limited to, executing Licensed Independent Provider's orders, dispensing and administering medications, and assisting Licensed Independent Provider in examinations and treatment of patients. Applies nursing and supervisory techniques required in the care, treatment and referrals of inmates/residents. Performs all technical/clinical procedures within the scope of his/her education and licensure. 6888 East 133rd, Road, Holdenville, OK 74848-9033

To advertise with Oklahoma's Nursing Times, please call Amanda at (405) 631-5100 ext. 61

140 GENERAL NURSING

We are seeking Licensed Practical Nurse, Registered Nurse, Advanced Certified Medical Aide, Certified Nurse Aides

Claremore Veterans Center Immediate Openings Licensed Practical Nurse 12-Hour Shifts/creative scheduling Unclassified Appointment/State Benefits. Registered Nurse 12-Hour Shifts/creative scheduling Unclassified Appointment/State Benefits. Advanced Cert Med Aide Evening Shift (3p-11:30p) Classified Appointment/State Benefits. Must have all advancements plus 3 years patient care experience. Certified Nurse Aides. Evening Shift (3p-11:30p). Less than 1 year exp - \$14.00/hr *Appointment through GALT Foundation. For more information, please contact: 3001 W. Blue Starr Dr. (P.O. Box 988), Claremore, OK 74018. 918-342-5432(p)

We Are Seeking Nurse Aides, Cooks And Licensed Practical Nurses

for Brookhaven Extensive Care in Norman. Great benefits and competitive pay. Please apply in person at 1050 Rambling Oaks Drive, Norman, OK 73072

204 REGISTERED NURSE

WE ARE SEEKING ADULT ACUTE REGISTERED NURSE MONDAY-FRIDAY 3PM-11PM
Beh & Med Interventions Oklahoma RN - \$7,500 Sign On Bonus. Other Nurse jobs available 8 hr shifts - Excellent Benefits Great Team and Training 1620 E. 12th St, Tulsa, OK 74120

We are seeking an experienced Registered Nurse to join our nursing team.

Nurses-you won't find a more rewarding career than working with The Villages at Southern Hills! Right now, we are seeking an experienced Registered Nurse to join our nursing team. As one of our nurses, you will play a key role in creating a positive resident experience by providing quality compassionate healthcare. Don't miss out on this exciting nursing opportunity. Apply today at 5721 S Lewis Ave, Tulsa, OK 74105! As a Registered Nurse, you will participate in and direct the delivery of patient care in accordance with facility clinical systems, regulatory requirements, and physician orders. You will be responsible for ensuring that the highest quality services are delivered in a customer-service-friendly environment.

Career Opportunities

FAX 405-631-5103 or CALL 405-631-5100 or email ads to advertising@okcnursingtimes.com

Oklahoma's Nursing Times

Nursing Profession number one in Honesty and Ethics

The American Nurses Association (ANA), which represents the interests of the nation's 4 million registered nurses, extends a resounding congratulations to nurses for maintaining the #1 spot in Gallup's annual honesty and ethics poll. The American public, for the 17th consecutive year, rated nurses the highest among a host of professionals, including police officers, high school teachers and pharmacists.

"Every day and across every health care setting, we are on the frontlines providing care to millions of people. Nurses' contributions to health care delivery, public health challenges, natural disaster relief efforts, research, education, and much more, are unmatched and invaluable," said ANA president Pamela F. Cipriano, PhD, RN, NEA-BC, FAAN. "These results are a testament to nurses' impact on our nation."

According to the poll, 84 percent of Americans rated nurses' honesty and ethical standards as "very high" or "high." The next closest profession, medical doctors, was rated 17 percentage points behind nursing. "As the largest group of health care professionals, nurses are leaders and change agents from the bedside to the boardroom," said Cipriano. "This past June, nearly 300 nurses from 45 states conducted 277 scheduled visits with members of Congress and staff and were instrumental in the passage of critical legislation to help combat the opioid crisis. Nurses are a consistent and powerful voice in advocating for access to high quality, affordable health care for all. ANA empowers nurses to leverage their expertise and the diversity of the profession to influence changes that will best serve the needs of all people."

OMRF accepting 2019-20 Teen Leaders in Philanthropy applications

OMRF is now accepting applications for its seventh annual Teen Leaders in Philanthropy class. Applications are due March 15.

High school sophomores, juniors and seniors are eligible to apply for the program, which helps students gain a deeper understanding of the nonprofit sector, develop hands-on leadership skills, learn about different types of giving and how they can best implement these skills in their communities.

Up to 45 students will be selected for the 2019-20 school year. The cost is free for students, and all expenses are covered by OMRF.

Students selected as teen leaders will learn the fundamentals of development, board structure, networking, fundraising and using social media. They will work collectively on a special event to cap off the program activities in the spring.

Group sessions will begin in September and continue throughout the 2019-20 school year. Students chosen for the program must demonstrate good academic standing and attend school in Oklahoma. For more information, visit omrf.org/teen-leaders.



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Oklahoma's Nursing Times College Nursing Guide (Abbreviated)

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

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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. Tahlequah 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.mntechology.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.msco.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.redlandsc.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
2. Tulsa Campus Ph: 918-660-3950
3. Lawton Campus Ph: 580-591-8094

The University of Tulsa

www.cab.utulsa.edu

Ph: 918-631-2619

The following programs admit only Registered Nurses to Upper Division Courses and Grant a Baccalaureate Degree in Nursing.

Information on these programs is provided here as a service to the public; however, approval by the Oklahoma Board of Nursing is not required for RN-BSN programs. Please check with the Accreditation Commission for Education in Nursing (ACEN) or the Commission on Collegiate Nursing Education (CCNE) for information on the accreditation status of the programs.

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

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

Please read if you are a business owner or corporate executive or anyone who makes decisions that affect most working Americans. I need to use my voice and speak for many people who are struggling with your new rules, policy changes and lack of communication.

Many of the people who seek counseling are doing so because of their rising levels of stress related to their jobs. Mental distress such as depression and anxiety; physical distress such as insomnia, stomach aches, headaches and high blood pressure. People who walked into their jobs with good to excellent health are now rating it poor to fair.

So what is happening in the workplace that in my opinion, is unnecessary? Here are a few examples:

1. Danny worked for a very large company in a job where he unloaded palates of merchandise out of large trucks. In the summer the temperatures in the trucks were over 100 degrees. His company provided water to the workers in this department until SOMEONE decided to make the employees buy their own water. (Will save the company millions.....I am sure??)

BUT NO ONE TOLD THE WORKERS!!! They arrived and found out this was the new plan. Now keep in mind this company would not work many of their employees 40 hours so they did not have to pay benefits. Danny and the others could not afford to buy water every day. Danny took a very large jug of water but it was gone in a few hours. So he went without or had to buy it.

2. Terri worked in a health care facility. She found out her co-pay had doubled when she went to her therapist. She was unaware of the change. NO ONE TOLD HER!! Her provider called to find out and the reason was complicated and ridiculous. (The real reason is the hospital wanted the employee to pay more). Terri had to decrease her therapy because instead of paying \$20 per session she was now paying \$40.

3. Janice also worked in health care as a second job. Initially her contribution to her 401K was matched but she noticed on her pay stubs that she was no longer getting the match contribution. When she inquired, she was told it was stopped because she wasn't working enough hours. NO ONE TOLD HER!!

The examples are absolutely endless. If you play the workplace movie forward.....which for anyone with an ample amount of common sense this shouldn't be difficult.....people are dying to work for you!!!

End result: The teachers move, the nurses quit, the doctors need doctors, the call center workers file for disability at higher rates and on it goes. Has making a profit wiped out integrity, decency and respect for people? The employee is required to communicate but the company isn't? When you, Mr. Company Boss find yourself without good employees or a bunch of mediocre workers, its time for you to go to therapy.

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NURSE TALK



I would have a class on how to organize



Dawn Fillmore, RN, Nurse Manager

Breast feeding class



Sarah Moler, RN

If you could teach a class on anything, what would it be?

INTEGRIS

Integris Deaconess

Spanish Medical Terminology



Linda Pasillas, RN

I would teach gardening



Sheri Griffith, RN

Brandon Hopper
VP, Commercial Lending

Matt Clouse
President

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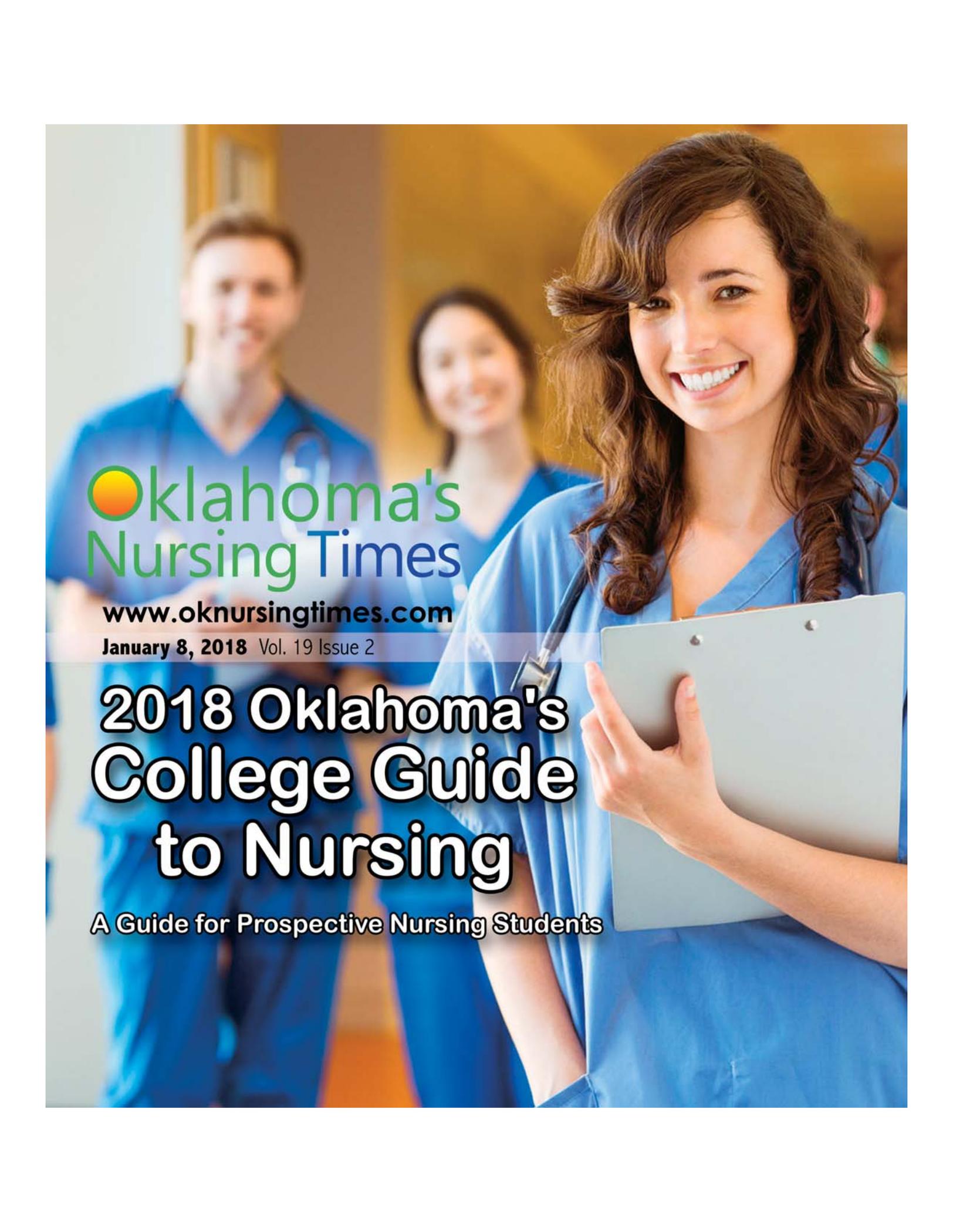
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Oklahoma's
Nursing Times

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January 8, 2018 Vol. 19 Issue 2

2018 Oklahoma's College Guide to Nursing

A Guide for Prospective Nursing Students

Getting ready for college or career school can be easier than you think

Graduating High School? Thinking about college? There's so much to consider when it comes to getting ready for college: where to go, what to study, how to apply, how to pay for it all, and more.

It's never too early—or too late—to explore your options for college. Inside this Guide are some key steps in preparing for

college and resources that can help you along the way. You'll have to take the time to research and understand your options, but you don't have to do it alone. This Guide Can Help!

Why go to college?

More money, more job options, and more freedom. With less than a high school diploma the average income is just over \$31,000 per year. With an Associates degree your earnings jump to more than \$53,000 per year and \$75,000 with a Bachelor's degree. Earnings soar ever higher with a Master's and/or Doctoral Degree at over \$100,000 per year.

Checklist.

As student or parent just about to start college, the following checklists will help you get ready.

1. Work hard all the way to graduation—second-semester

grades can affect scholarship eligibility.

2. Stay involved in after-school activities, and seek leadership roles if possible.

3. As soon as possible after its Oct. 1 release, complete and submit your Free Application for Federal Student Aid (FAFSA®), at fafsa.gov, along with any other financial aid applications your chosen school(s) may require. You should submit your FAFSA® by the earliest financial aid deadline of the schools to which you are applying, usually by early February.

4. After you submit the FAFSA, you should receive your Student Aid Report (SAR) within three days to three weeks. This document lists your answers to the questions on your FAFSA and gives you some basic information about your aid eligibility. Quickly make any necessary corrections and submit them to the FAFSA processor.

5. If you haven't done so already, register for and take the standardized tests required for college admission. Check with the colleges you are interested in to see what tests they require. Apply to the colleges you have chosen. Prepare your applications carefully. Follow the instructions, and **PAY CLOSE ATTENTION TO DEADLINES!**

6. Well before your college application deadlines, ask your counselor and teachers to submit the required documents (e.g., transcript, letters of recommendation) to the colleges to which you're applying.

7. Complete any last scholarship applications.

8. Visit colleges that have invited you to enroll.

9. Review your college acceptances and compare the colleges' financial aid offers.

10. Contact a school's financial aid office if you have questions about the aid that school has offered you. In fact, getting to know your financial aid staff early is a good idea no matter what—they can tell you about deadlines, other aid for which you might wish to apply, and important paperwork you might need to submit.

11. When you decide which school you want to attend, notify that school of your commitment and submit any required financial deposit. Many schools require this notification and deposit by May 1st.

Notes: a. Understand the FAFSA better by watching the videos in the "FAFSA: Apply for Aid" playlist at www.YouTube.com/FederalStudentAid. b. Follow or like the office of Federal Student Aid at www.Twitter.com/FAFSA and www.Facebook.com/FederalStudentAid to get regular financial aid tips. c. Make informed decisions about student loans; the following resources are important at this point: Federal Versus Private Loans and Federal Student Loans: Basics for Students

REMEMBER: Register for all tests in advance and be sure to give yourself time to prepare appropriately! If you have difficulty paying a registration fee, ask your school counselor about getting the fee waived.

For more information go to: <https://studentaid.ed.gov>

Why Nursing?

Nursing is challenging, interesting, and allows you to make a difference in people's lives every day. Nursing is one of the fastest growing careers in the U.S. and offers a variety of medical settings. Nurses are near the top of the list when it comes to employment growth and income. In short, nursing can offer a career that is both personally and financially rewarding.

Pontotoc Technology Center
PTC Nursing Program is now accepting applications for the 18-19 school year.
Application Deadline: March 5, 2018
www.pontototech.edu, 580-310-2260 or nursing@pontototech.edu

OC OKLAHOMA CHRISTIAN UNIVERSITY

Oklahoma Christian University produces competent, caring nurses.

- Our graduates use their faith to bless their patients.
- Many serve in missions and low-resource settings.

May 1, 2018 - Application deadline for external applicants for Fall 2018

Oklahoma Christian University | School of Nursing
13800 Benson Road, Edmond, OK 73013
405.425.1920
www.oc.edu/nursing

Nursing student discovers career path through hospital externship

Matthew Tygart always knew he liked working with children. When his compassion for people influenced him to major in nursing, he learned through a series of clinical rotations and his externship at St. Francis Hospital that he wanted to work in pediatric oncology after graduation.

"I grew up working with children," said Tygart. "Now I can take that one step further by caring for them in their most vulnerable states. I can be there for the families and the patients."

Tygart is earning a bachelor of science in nursing at The University of Tulsa School of Nursing in the Oxley College of Health Sciences. One of the reasons he chose TU was due to the high success rate of TU students passing the NCLEX (National Council Licensure Exam) exam, a standardized test that each state board of nursing uses to determine whether a candidate is prepared for entry-level nursing practice. The pass rate for TU School of Nursing students is higher than the average in Oklahoma and nationally.

Tygart and his classmates participated in clinical rotations at the three major hospitals and various clinics in Tulsa. "Our clinical rotation group was small and included only six or seven students," said Tygart. "This allowed us to develop closer relationships with faculty."

Want to learn more about TU School of Nursing externships?

Watch our video at <https://healthsciences.utulsa.edu/news/clinical-experiences-lead-nursing-externships-jobs/>.

During his rotation at St. Francis Hospital, Tygart realized that he wanted to work in oncology and with the help of his professors, he secured an externship there. "The faculty helped me complete my externship application and provided references," said Tygart. "I was able to work in both adult and pediatric oncology."

After his externship, Tygart received a job offer from St. Francis to work as a nurse technician providing basic medical care in the pediatric oncology unit while he completes his schooling. Nurse technician positions are generally part-time employment opportunities reserved for students currently enrolled in a licensed practical nursing or registered nursing program.

During his time at TU, Tygart served as a member of the Golden Hurricane Spirit Squad and participated in a fraternity. He also started the TU chapter of Love Your Melon raising money for children battling cancer. This organization functions on a buy one give one model where every piece of apparel sold provides a beanie to a child fighting cancer.

Read more about the TU School of Nursing and apply at <https://healthsciences.utulsa.edu>.



Matthew Tygart RN BSN Externship, Oxley College of Health Sciences at The University of Tulsa.



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The Oklahoma Baptist University College of Nursing boasts a long and storied history. Its reputation is known far and wide for educating nursing graduates who are skilled and in-demand. Yet, the College of Nursing is known not only for its high standards of excellence, but also for being a trailblazer in Oklahoma nursing education, leading from the front in its earliest days, and continuing that tradition today.



OBU Leads the Way

In the fall of 1952, the Oklahoma State Board of Nursing granted approval to OBU for Oklahoma's first baccalaureate nursing program. This degree was the first four year baccalaureate program for nursing in the state among all universities.

The first class of eleven students graduated in 1956 and the OBU nursing program was accredited by the National League for Nursing in 1960. This accreditation continued without interruption until the School of Nursing affiliated with American Association of Colleges of Nursing, its current accrediting body.

The College of Nursing now offers a Bachelor of Science degree with a strong liberal arts foundation, a BSN completion degree for nurses with an Associate Degree, an LPN to BSN degree, and a Master of Science in Nursing.

OBU nursing alumnus Travis DeWalt, '16, offered his perspective on why he chose to study nursing at OBU.

"I felt compelled to use my talents and efforts in a field that would allow me to directly serve others. Nursing met this goal and is a career with the opportunity to expand my scope of practice in the future if I decide to. I chose the OBU College of Nursing because I felt the appeal of both rigorous academics and the valuable focused interaction with professors that only a school of this size can provide."

[more on OBU Page 5](#)



The College of Nursing at OBU has a rich history of training nurses who demonstrate Christ's compassion while providing excellent care for patients. For decades, students have benefited from the expertise and strong tradition that comes with being part of Oklahoma's oldest nursing baccalaureate program.

Find your place today.
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The Future Leading the Way Again

OBU

Continued from Page 4

The OBU College of Nursing is housed in a state-of-the-art nursing education facility, Jane E. and Nick K. Stavros Hall. Opening in 2016, Stavros Hall delivers cutting-edge nursing education for both undergraduate and graduate-level students. It includes five classrooms, a 109-seat lecture hall and a computer lab as well as spaces for students to study, meet and interact with faculty. The facility features six state-of-the-art, high-fidelity skills simulation labs, a medium skills lab, a health assessment skills lab, and a home health and bathing training room, totaling 24 beds.

The facility is unrivaled in the state of Oklahoma, its attention to detail and inclusion of real-world medical technology allowing OBU nursing students to be ultimately prepared to enter the nursing workforce.

Nursing Simulation Technology

The crown jewels of Stavros Hall are its simulation labs. Their technology, design and cutting-edge practices are second to none. These labs bridge the gap between learning and practice, placing students at the front lines of patient care, all while under the watchful eye of their professors.

The high-tech simulation labs are equipped with the industry's most advanced medical simulation solutions. The lifelike patient simulators are used to train students in various medical emergencies, allowing learners to acquire the clinical skills necessary to improve patient safety. Students have the opportunity to acquire hands-on practice using a birthing simulator, pediatric simulator and adult patient simulators.

All simulation scenarios are recorded, allowing instructors to conduct debriefing sessions with students in which video recordings are reviewed so that students can receive necessary feedback for improving their skills. The training curriculum consists of single- and multi-patient scenarios that include respiratory, cardiovascular, neurological, maternal-child, trauma, mass casualty and disaster situations.

Patient simulators significantly enhance realism, as they can breathe, bleed, speak and even give birth to a lifelike baby that cries upon delivery. The lifelike devices also simulate complications and various life-threatening scenarios while allowing students to monitor vital signs and administer treatment.

With this facility, OBU is poised to once again take the lead in nursing higher education in the state of Oklahoma, a position familiar to the College since its earliest days.

Other important Resources

Oklahoma State Regents for Higher Education

<https://www.okhighered.org/current-college-students/resources.shtml>

Select topics below for helpful online resources with information to help you succeed in college!



COUNSELORS' RESOURCE BOOK

<http://www.okhighered.org/students/publications/crb/full.pdf>

Have a Question? Use this online COUNSELORS' RESOURCE BOOK for answers and a full list of Oklahoma Public Colleges, Universities, Technical Branches, University Centers and Learning Sites throughout the state and OSRHE RESOURCES. This book includes admission requirements, admission standards, costs and information about financial aid and college assistance programs for students and parents.



CONTACT INFORMATION:



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OSU Institute of Technology provides both personal satisfaction and great income

There is no better place to learn to be a registered nurse than by attending OSU Institute of Technology and earning an Associate in Applied Science Degree in Registered Nursing. The OSUIT Registered Nursing Program is approved by the Oklahoma Board of Nursing and accredited by the Accreditation Commission for Education in Nursing (ACEN).

Our nursing labs feature advanced simulation mannequins – enabling practice for a wide range of nursing procedures. Upon successful completion of the degree program and NCLEX, you will be eligible for employment as a registered nurse helping people in a lifelong career that provides both personal satisfaction and great income.

OSUIT's Associate in Applied Science Degree in Nursing provides: hands-on learning environments, experienced faculty, and numerous employment opportunities with excellent salary potential. Every nursing school graduate across the country who wants to become a registered nurse must first pass the National Council Licensure Exam-Registered Nurse (NCLEX-RN), a national standardized test administered by the National Council of State Boards of Nursing.

Each year, nursing programs, including the one at OSU Institute of Technology School of Nursing & Health Sciences, are given a NCLEX Pass Rate report that shows the percentage of nursing graduates that have passed the exam. In 2016, OSUIT's NCLEX score was 85.71 percent, which was higher than the state pass rate of 83.78 percent and the national pass rate of 84.56 percent. The same thing happened in 2015 when OSUIT received an

88 percent pass rate compared to Oklahoma's 85.70 percent and the nation's 84.51 pass rates.

The NCLEX, a computerized exam made of up 75 to 275 questions, tests nursing graduates knowledge in eight health care areas including management of care; safety and infection control; health promotion and maintenance; psychosocial integrity; basic care and comfort; pharmacological and parenteral therapies; reduction of risk potential; and physiological adaptation.

Nursing school graduates are required to pass their NCLEX exam in order to work as a registered nurse. Jana Martin, dean of the School of Nursing & Health Sciences, said in the last several years OSUIT's NCLEX pass rate has really improved, and the trend seems to be continuing. "We're very, very proud. That tells us we have a quality program. Our graduates are eligible to work as registered nurses, they can support their families and they can pay their student loans," Martin said. "We have a rigorous program. It has to be rigorous— we are dealing with patients' lives."

Martin said students who come to the nursing program are almost always surprised by just how difficult and challenging it is, even for those who excelled in high school or other college programs. "It's a new way of learning that they're not used to. It's memorization but also critical thinking. It's a lot of reading and stringent studying," she said. "It requires organization, flexibility, the ability to make tough decisions and prioritize. And the student needs a support system at home." The training and education is tough because the profession is hard work, Martin said, and the faculty in the nursing program are continually working to ensure the program improves while also meeting the needs of the industry. "Our faculty make sure this is a quality program. They make sure we maintain our standards.

Everything we have done and our accomplishments are because of our faculty," she said. "They stay up to date on best practices and new technologies." It's all in service in making sure the students are prepared and knowledgeable when they start their careers. But before they can do that, they have to pass the NCLEX, which can be stressful and nerve-wracking, Martin said, which is why the preparation and support doesn't end when the students walk across the graduation stage.

"Students are assigned a mentor, myself or one of our faculty, after they graduate, and we follow them through their NCLEX testing," she said. "We text or call them to make sure they are doing their test trainers or if there is anything they need. That extra encouragement really shows our students we care about them."



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Nursing at Northwestern Oklahoma State University

It is an exciting time to be a nurse and Northwestern Oklahoma State University is making a difference in the lives of nurses and patients alike. Northwestern's Nursing Graduates are in demand! Northwestern offers three exciting Nursing programs to help meet the need for BSN-prepared Registered Nurses and APRN - Family Nurse Practitioners throughout the state and nation.

Graduates of the traditional on-campus BSN program are eligible to take the NCLEX-RN exam after program completion. Students have a choice of attending classes on the Alva, Enid, and Woodward campuses as well as at the University Center in Ponca City. State of the art simulation labs and a wide variety of experiences in hospitals, clinics, schools, other health agencies throughout the northwest Oklahoma region as well as at Vance Air Force Base assure students receive a well-rounded education experience. Students begin their nursing courses after completing two years of general education and program prerequisite courses. A low student-to-faculty ratio allows for personalized experiences allowing

It is an exciting time to be a nurse and Northwestern Oklahoma State University is making a difference in the lives of nurses and patients alike.

every student to optimize their learning and be successful.

For RNs with an Associate's Degree in Nursing, Northwestern offers an affordable Online RN-to-BSN program designed for working RNs. With no traditional clinical hours required, the BSN may be earned in 12 months, once all general education requirements have been met. Students are challenged to build upon their current knowledge and develop new skills, experiences, and insight to strengthen their nursing practice.

The new BSN-to-DNP program offers students the opportunity to become family nurse practitioners with an emphasis on rural health needs. Graduates of this program are eligible to take the national certification exam and pursue licensure as Advanced Practice Registered Nurses. In this hybrid program, the students experience a variety of course and clinical experiences promoting professional growth and practice. This program saves the student

time and expense by advancing directly to the nationally desired Doctor of Nursing Practice (DNP) degree.

The Nursing Faculty at Northwestern are experts in their field and dedicated to your success. The Northwestern Nursing programs have received national recognition for affordability, accessibility, quality, and outcomes annually since 2014 in a variety of online sources. Northwestern Oklahoma State University also is recognized as #1 in Oklahoma

and #16 nationally among all public schools for its Low Student Loan Debt by The Student Loan Report. Now is the time to learn how Northwestern Nursing can help meet your professional goals. We look forward to hearing from YOU!

Check us out on Facebook <https://www.facebook.com/northwesternnursing/> and online at <http://www.nwosu.edu/school-of-professional-studies/nursing>



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 prhess@nwosu.edu

 www.nwosu.edu

Nursing Powerhouse

Redlands graduates tomorrow's nurses

Last year, Redlands Community College graduated 25 nurses.

As Dean of Nursing and Allied Health, Rose Marie Smith, RN, MS, CNE oversaw the education of every single one.

There's no doubt in her mind that each will be successful in whatever setting they may choose.

Smith says Redlands' focus is always on the individual.

Quite simply, it's success by design.

"We feel it's the best because I truly believe (students) get a lot more clinical opportunities because we know the people," she said. "We know who needs what and we're there kind of guiding and pushing them to get to the learning experiences. They can't just hide in the numbers."

This May, Redlands is expecting its largest graduating class in 15 years. That could be as high as 38.

Closing in a quarter century of nursing education, Smith smiles when she sees former students. The administrator of Kingfisher Hospital is a Redlands graduate. The director of the Canadian County LPN program is a Redlands graduate. The director of the Carnegie Hospital is a Redlands graduate.

"You see how long I've been in nursing education and it blesses my heart," she said. "Our graduates take care of patients and do well but they also go on."

Last year, Redlands partnered with Oklahoma Panhandle State University and their RN-BSN online program. Any graduate of Redlands can enroll in the



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program at the Redlands tuition rate.

"And we're one of the lowest tuitions in the state of Oklahoma," Smith said. "Because our graduates are so successful they are courted if you will. Directors seek them out. I just feel proud when I walk around and see graduates caring for patients and graduates in administration."

Smith first began her career at Redlands in 1985 as faculty. She progressed through team leader and director of nursing program roles before stepping away in 2006.

She helped lead two other nursing programs in that time before coming back home in 2015 to Redlands.

She wanted to make the Redlands experience unique for each individual and that begins by investing time.

Community support is huge in Canadian County for the school and vice versa.

The Canadian County Health Department has requested Redlands students work with their OB nurse practitioner.

Students have adopted a mission in El Reno treating recently released inmates and recovering drug and alcohol addicts. Students serve in the twice-monthly, bilingual health clinic "Our students get a wealth of experience," Smith said. "We screen and provide health care advice, teaching and things they've never really had in their life before."

Redlands students also go into local schools to help teach pediatric curriculum.

"Our students get opportunities to not only learn public speaking but also teaching at appropriate grade levels," Smith said. "The students carry those experiences with them in life. Those are tools they can use, soft skills if you will."

Some students drive nearly an hour and a half from rural, Western Oklahoma to attend Redlands.

There's a definite investment.

"We have rural students who graduate and return to rural areas and with the demographics of Oklahoma changing we wanted to provide them with equipment to contributors to their cities, towns and counties," Smith said.

Bed transfers and feeding skills are taught down the street at a local five-star long-term care facility.

"We do a lot more live learning labs to learn how to care for that population as well," said Smith, who notes Redlands nursing students also help with annual flu vaccinations for the entire campus. "We don't just stop at the classroom we try to engage them throughout their education."

Redlands admits students one time each year to the traditional day program. LPN to RN admission occurs for a handful of individuals in the spring.

"What we do really well is student first, smaller classes with master's prepared faculty," Smith said.

The program threads theory and simulation together to help build understanding of the specific content being taught.

Simulations enhance student understanding, build confidence prior to clinical as to what to do, say, and provide appropriate interventions for patients.

Redlands Nursing Program graduated its first class in 1981. The program is a two-year nursing program with new classes beginning in the fall of every year.

Students graduate with an Associate in Applied Science Degree and, upon graduation, are eligible to take the NCLEX exam to become a Registered Nurse.

Redlands also offers options for LPNs attending the nursing program. LPNs with one year of experience are given credit for Fundamentals of Nursing.

CONTACT INFORMATION:

 1300 S Country Club Rd,
El Reno, OK 73036

 (405) 422-1417

 student.services@redlandsc.edu

 www.redlandsc.edu

Kramer School of Nursing Offers Innovative Programs, Cutting-Edge Environment



Oklahoma City University's Kramer School of Nursing offers a wide range of innovative undergraduate and graduate programs, and has recently invested in a new simulation center.

In addition to a traditional bachelor of science in nursing program, KSN offers a path to a nursing career even if one's first degree is in another field. Those who have an associate of arts or science degree from a regionally accredited institution and have taken a course equivalent to World Religions at OKCU, as well as those who have earned full undergraduate or graduate degrees, completely meet the university's general education requirements. Students who choose accelerated coursework can complete a BSN in just 16 months.

The RN-BSN program honors working nurses by awarding them 94 credit hours for their RN licensure, certifications, and continuing education as they enter the program. No additional math or science courses, nursing exams, care plans, or clinical hours are required. RN-BSN students meet in person for just four hours per week and can complete their degrees in just two semesters. Not only are classes held at the Oklahoma City campus, but the RN-BSN faculty travel across the state as well. The program currently features classes at Mercy Hospital Ardmore and at Norman Regional Hospital.

Many students who complete their BSN at Kramer School of Nursing choose to stay and earn a graduate degree. In addition to a Master of Nursing (MSN) degree with emphasis in leadership or education, KSN offers a Clinical Nurse Leader (CNL) specialization. The CNL is a relatively new role which serves as advanced generalist and interdisciplinary team leader, particularly in complex healthcare organizations. Other graduate programs include Family

Nurse Practitioner (FNP) and Adult Gerontology Acute Care Nurse Practitioner (AGACNP) in which nurses with a BSN a doctor of nursing practice (DNP) degree in just four years of part-time study. A DNP-completion program with emphasis in administration or clinical specialization is also available, as well as post-master's FNP and AGACNP certificates which help nurses transition between advanced practice fields. Advanced nursing programs also require advanced nurse educators, so KSN further offers PhD and BSN-PhD programs.

The school recently completed a \$1 million renovation to create the new Meinders Simulation Center. Designed to look and feel as close as possible to an actual hospital, the facility features seven high-fidelity simulators which are used to provide enhanced educational experiences to students. The manikins create extremely life-like behaviors and reactions including pulse, breathing, pupil dilation, internal sounds, and vocal sounds which can present a wide range of normal and abnormal pediatric, obstetric, medical/surgical, and intensive care scenarios. The manikins can also be manipulated during a simulation exercise to demonstrate reactions to medication or other interventions. Undergraduate and graduate students will use the simulation center during their courses of study.

More information about Kramer School of Nursing can be found at okcu.edu/nursing or by calling (405) 208-5900.

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Quality counts OSU-OKC nurses stand out

For more than 50 years now, Oklahoma State University - Oklahoma City has produced some of the most sought-after nurses in the state.

That legacy continues with the school's new RN to BSN program. OSU-OKC nursing students are even granted provisional acceptance to the program and receive full admission.

"One of the philosophies for the associate degree nursing program is to provide means for students to continue their education," said Anna Nguyen, PhD, RN, department head of the OSU-OKC nurse science program. "Many of the hospitals now are seeking Magnet status which prefers bachelor's graduates.

"Our program started in 1969 so we have a very solid and well established program. I believe we have a very solid program and on top of that OSU-OKC has a very positive reputation in the community for producing well-prepared graduates.

OSU-OKC is a community and

technical college located in central Oklahoma City. Each year, nearly 10,000 students attend OSU-OKC, seeking education as a pathway to a better life.

It is an urban campus, with a diverse student population. About half of the students are pursuing terminal degrees in a desire to move quickly into the workforce in technical positions, while the remainder are working on their basic coursework and will transfer to a four-year school in pursuit of a bachelor's degree.

REPUTATION COUNTS

OSU-OKC's Nurse Science program is considered one of the pre-eminent programs at the university, and in the Oklahoma City metropolitan area, with hundreds of students competing for admission into the program.

Of the students who successfully complete the program and the licensure exam, 100% find employment within six to nine months of graduating.

Nguyen says this high level of

placement indicates the strong demand for healthcare jobs in this area, the quality and reputation of the institution's nursing program, and that students in this field can quickly transition into a career when they complete their education.

The U.S. is projected to experience a shortage of registered nurses that is expected to intensify as Baby Boomers age and the need for health care grows.

According to the Bureau of Labor Statistics' Employment Projections 2014-2024, Registered Nursing is listed among the top occupations in terms of job growth through 2024.

The Workforce Oklahoma Occupational Outlook 2018 report lists registered nurses as one of Oklahoma's top five demand occupations with 1,260 average annual openings per year.

OSU-OKC's Nurse Science graduates scored a 95.54% pass rate on the National Council Licensure Examination for Registered Nurses (NCLEX-RN) in 2016.

The national average is 84.56% and the Oklahoma average is 83.78% during the same year.

CONTINUED GROWTH

The OSU-OKC Allied Health program is now positioned to support tremendous increases in both student enrollment numbers and graduation rates beginning with the next academic year. Construction of the campus's new, 45,000-square-foot Allied Health building is complete, and the facility contains state-of-the-art technologies that rival the best that Oklahoma educational institutions offer.

This unique facility, opened in 2016, established a best-in-industry Simulation Center which enhances educational opportunities for both new health profession students and experienced healthcare workers employed by local hospitals and clinics.

The new facility and Simulation Center are significantly larger in size with more manikins which are considered state-of-the-art technology. The facility includes:

- Five simulation suites that emulate clinical situations
- Three medical/surgical suites
- A labor and delivery suite
- An emergency room/intensive care suite
- Two patient exam rooms
- Three debriefing rooms
- A ten-bed skills practice lab for Nurse Science
- An expanded ten-bed skills lab for Diagnostic Medical Sonography
- Virtual IV and phlebotomy skills lab
- Life-size "manikins" that can be programmed to provide a realistic replication of a clinical/emergency situation (and which the Hearst grant helped to purchase)
- Multidimensional, flexible and adaptable space allowing for creative instructional deliveries
- A 200-seat Auditorium
- Space to facilitate the educational needs of the community for conferences and continuing medical education
- Nutrition Science lab/classroom
- State-of-the-art computerized technology and audio-visual capabilities throughout the building

The new facility has also facilitated a partnership with Variety Care, a Federally Qualified Health Center (FQHC) that strives to make healthcare affordable and accessible for all patients. This partnership provides outstanding educational opportunities for the students as well as support to the surrounding communities.

It has also resulted in the establishment of a Variety Care community health clinic on the first floor of the new facility. The clinic offers services to those who otherwise could not afford it and the families of the underrepresented students attending OSU-OKC.

As an added benefit, students are able to expand upon what they have learned at the Simulation Center by then participating directly in clinical learning and onsite service learning — a unique arrangement for both the student and nonprofit clinic.



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- health.sciences@osuokc.edu
- <http://www.osuokc.edu/nursing>

Southwestern College allows registered nurses to earn their BSN from the comfort of their own home

The flexibility of nurses can be one of their greatest assets, so why not choose a program to advance your career that is as flexible as you are?

Abbey Elliott, DNP, MHA, RN, CEN, CHSE, is the director of nursing at Southwestern College in Kansas and has been in charge of growing the online program for more than a year now with one thing in mind.

"I think what we do really well is we are very student-centered in our approach," she said.

Established in 1885, the Methodist-affiliated college is open to students of all backgrounds and faiths looking to pursue their nursing education.

More than a decade ago, Southwestern College became one of the first schools to offer a 100% online RN-BSN program, attracting students from across the nation. Registered nurses with a diploma or an associate degree in nursing may earn a Bachelor of Science degree from Southwestern College Professional Studies.

The RN to BSN program builds on previous nursing education and experience and is designed to position graduates for leadership roles and career advancement in a variety of healthcare settings.

In recognition that nurses are broadly educated and have transferable knowledge and skills, the Southwestern College RN to BSN program provides the opportunity for further study in nursing professional practice including leadership, community health and evidence-based practice.

Elliott says incoming students are paired with an individual advisor that works with them through every aspect of their education from scholarships they want to attain all the way through registration and eventually graduation. It's one of the many more personal benefits of working with a smaller college.

"We also have a small group of faculty members in the nursing program that work closely with the students and guide them if they are struggling," said Elliott.

Southwestern has also long been a higher-education hub for students from nearby McConnell Air Force Base in Wichita. The school prides itself on its flexibility with military learners and carried that knowledge over to its online RN to BSN program.

"We're not a large program, but we're not the smallest," Elliott said. "We are able, with smaller class sizes, to provide more of an intimate setting or working with them and helping the students through."

And attending class online means no out-of-state tuition at the Wichita, Kansas institution.

"Students never feel like they're alone in the process of going to college whether it's been a year or 20 years," Elliott says. "It's not as scary going through



SOUTHWESTERN
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PROFESSIONAL STUDIES

Southwestern because we are so student friendly."

Learners coming back to school after a layoff find a welcoming entry point. Elliott says students also are pleased to find that Chemistry isn't a required course.

"That's a big seller for our learners," Elliott explained. "When they finish their ADN, we accept those credits. There's not a lot of general education they have to complete before entering our program, so we waive that."

The depth of faculty experience is also a big draw at Southwestern. With an online program, that means Elliott is able to draw faculty from around the nation whether it be in Florida or Las Vegas. From backgrounds in the medical surgical floor to the ICU, faculty are well-rounded and bring that real-life working experience to students.

"What's nice is students get a different perspective of what nursing is like," Elliott said. "This provides different ideas and thoughts about what nursing is like not just in Kansas, Oklahoma or the Midwest, but in other parts of the country."

Still, working in the field allows instructors to better relate, especially when it comes to evidence-based practice instruction.

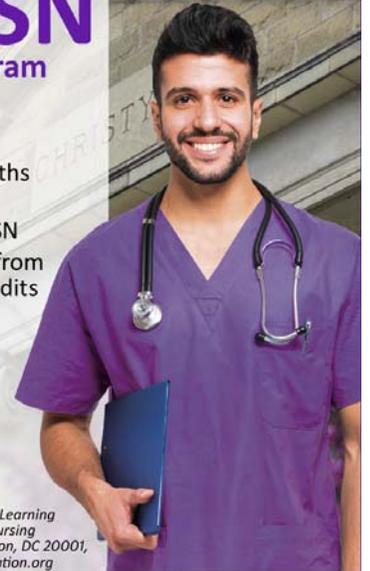
"Our faculty work in different fields of nurses and are academically prepared from different universities," Elliott says. "They bring all these different parts they've learned at different universities to how they teach. All of our faculty are at least master's prepared and I think that brings in some different pieces, too, and some helpful thoughts of those thinking they may go on to a graduate degree."

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Next Assignment Vet takes student reigns

Two deployments overseas as a combat medic. A marriage, three kids and a job as a nursing assistant at Mercy Hospital Logan County.

Alex Hughes is more than ready for his next assignment which happens to be president of the Oklahoma Nursing Student Association.

Hughes will lead Oklahoma's largest body of student nurses after his election a few weeks ago at the organization's annual convention.

COMBAT FOCUS

Growing up an Army brat, Hughes moved often, traversing the U.S. and the globe with stops in Germany and Okinawa, Japan along the way.

Moving every year and a half taught him the importance of family and flexibility.

It was no surprise that he would

later enter the Army after graduating from a military high school in Oklahoma.

Initially, Hughes served as an engineer in the reserves. He quickly learned his body would pay the price long term in that specialty so decided to change when he moved over to active duty.

The field of healthcare specialist didn't exactly catch on. But when the recruiter told him "combat medic" he was hooked.

"I loved it," Hughes said. "I had a blast with it."

Hughes started off attached with some of the same engineers he went through training with.

Basing out of Fort Carson, Colorado Hughes spent one year serving in Iraq, moving from Kirkuk to Mosul.

He returned home and married

before shipping out to the Arghandab River valley in Afghanistan.

Coming down from the guard tower one day during a base security rotation he heard one of his fellow soldiers yell "Hey doc, by the way you're a dad now."

He hurried into the communications tent to talk to his wife, who had minutes earlier delivered their first child.

BACK HOME

For the last couple of years Hughes has worked as a nursing assistant at Mercy's 25-bed critical access hospital which offers both acute and skilled care (swing bed) services in Guthrie.

His focus has always been on getting his BSN at the University of Central Oklahoma. Now just one semester stands in his way.

He's put the skills learned in the Army to good use.

"It helped a lot in the clinical side of it," Hughes said. "I was already used to doing some of the skills and was used to doing hands-on patient care. However, the rest was complete opposite."

As a medic it was Hughes' role to diagnose and prescribe. Stepping back from that was tough.

"It took me a little time to manage their care," he said.

And working part-time now Hughes wants to devote more time to growing the student association.

"The main thing I would like to really see happen is more involvement from other schools," he said. "We have a lot of schools that have delegates but never show up to events. I'd like to see more schools that haven't been involved."

Hughes encourages students from more schools to get involved and eventually run for office. Right now just four universities are represented on the board with only people from five universities running for office.

Nursing students preparing for Registered Nurse licensure or RN to BSN completion programs are invited to join ONSA. By joining ONSA you are also becoming a member of the National Student Nurse Association.

Hughes said by joining you can take advantage of leadership opportunities and product discounts that ONSA and NSNA have to offer.

Hughes now leads the Board of Directors which is the policy-making body of the Oklahoma



Military Veteran Alex Hughes is the new president of the Oklahoma Nursing Student Association

Nursing Student Association between meetings of the House of Delegates held annually.

Each board member has responsibilities in various program areas of the association and must also function as part of the organizational board of directors, sharing equally in the fiscal and decision-making responsibilities. Each board member is expected to serve the association as a whole and to represent the needs of all members.

Hughes previously served on the board as the marketing director.

There are twelve members of the Board of Directors behind Hughes including: 1st Vice President, 2nd Vice President, Secretary, Treasurer, Membership Director, Newsletter Editor, Legislative Director, Breakthrough Director, Community Projects Director, Public Relations Director, and Marketing Director.

The association will begin the year on January 20th at Tulsa Community College with a leadership summit.

A panel of nurses from various fields will be doing a question-and-answer session with attendees and a guest speaker will address the event.

In February the group will partner with the Oklahoma Nurses Association for the group's annual Nurses Day at the Capitol.

To find out more about the Oklahoma Nursing Student Association go online to oknsa.net.

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The BSN Connection Scholarship is helping nurses in the state of Oklahoma complete personal, educational, and professional goals by providing a path to complete a Bachelor of Science in Nursing degree through discounted tuition and fees. The scholarship pays the difference in the cost of tuition and fees from the college graduated from and the cost of tuition and fees at Panhandle State.

Scholarship applicants need to have graduated from a scholarship eligible institution with an Associate Degree in Nursing, have active and unrestricted licensure to practice as a registered nurse, be an Oklahoma resident, and complete 24 credit hours at Panhandle State during a 12-month period. Students can begin classes in the spring, summer, or fall semesters. An affordable program, both full-time and part-time options are offered allowing students to set their own pace. Panhandle State tuition and fees are discounted to reflect the current tuition and fee rate at the graduate's pre-licensure program and institution rate. This is a significant cost savings for registered nurses in Oklahoma.

Panhandle State has a rich and successful history for supporting nurses over the past 20 years. The RN to BSN program at Panhandle State was founded in 1996 becoming one of the first nursing programs in the nation to offer all BSN nursing courses online. The program started with just four graduates and now boasts more than 400 graduates. This unique program focuses on the adult learner and does not require campus attendance. Graduates join the program from across the nation and help to bring new perspectives in nursing to the panhandle and state of Oklahoma. With graduates in California, New Jersey, and the Virgin Islands, students successfully complete the program while living in and outside of Oklahoma. The program is designed to meet the distinctive challenges that face busy, registered nurses balancing family, work, and outside obligations. Panhandle State's RN to BSN program approaches education using a philosophy of caring and focus on adult learners. There are no campus



attendance requirements and students are provided personalized care and attention from inquiry to graduation and beyond. Panhandle State recognizes, appreciates, and respects the need for professional nurses to balance family, work, and school.

Oklahoma Panhandle State University is accredited by the Commission on Institutions of Higher Education of the North Central Association of Colleges and Schools. The nursing program is accredited by the Accreditation Commission for Education in Nursing.

For more information, please contact Dr. Pamela Sandvig, Program Director at pamela.sandvig@opsu.edu



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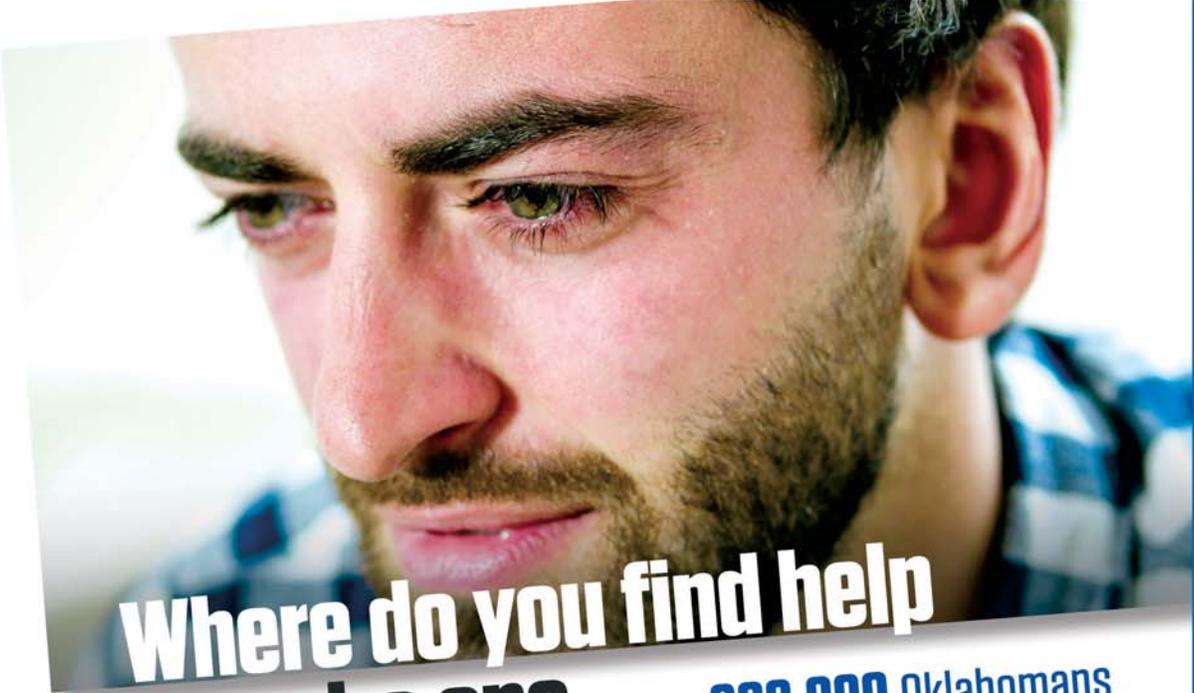
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