# Oklahoma's Nursing Times

#### **Recruiter Showcase**



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# Calling a code Mercy Healthh plans for unexpected

Karyl James, MSN, BSN, RN, Mercy Hospital CNO is helping nurses feel safer in her system

#### by Bobby Anderson, RN, Staff Writer

Like many, Karyl James, MSN, BSN, RN, Mercy Hospital CNO watched the frequent headlines marking deadly shootings.

And the reports of violence inside health care showed no signs of slowing down.

But what happens if the two scenarios combined? It was a question James and others in the Mercy system really didn't want to think about, but one they knew they had to answer. "With all the public shootings going on our safety team in collaboration with nursing said we have to educate and do something about it," James said recently.

Through planning, discussion and scenarios Code Roscoe was born.

The code is Mercy-wide, so all 45 hospitals in the system use it for any active shooter situation.

Each unit must have at least two identified safe places that can prevent a shooter's access to people.

"It's not just nursing it's registration, it's all of those individuals. The front door of the hospital is registration so they need a safe place," James said.

Planning for the unknown is a constant battle. Knowing who might have a gun is another.

A former ER nurse, James is familiar with both.

"Unknown was just kind of second nature for me and personally, I've had a gun pointed at me See JAMES Page 3

# ANA Applauds Introduction of Bipartisan Gun Bill

The American Nurses Association (ANA) applauds the introduction of the Bipartisan Background Checks Act of 2019 (H.R. 8) in the U.S. House of Representatives. The legislation expands current background checks processes to ensure that unlicensed dealers and manufacturers do not sell guns to individuals prohibited from owning firearms.

ANA extends its gratitude to the cosponsors of H.R. 8 for their commitment to this legislation: Mike Thompson (D-CA), Jerrold Nadler (D-NY), Sheila Jackson Lee (D-TX), Robin L. Kelly (D-IL), Lucy McBath (D-GA), Peter T. King (R-NY), Brian Fitzpatrick (R-PA), Brian J. Mast (R-FL), Fred Upton (R-MI) and Christopher H. Smith (R-NJ).

Nurses represent the frontlines

of care during every mass shooting, homicide, suicide, accidental shooting and other acts of violence, providing direct care at the bedside to victims and their families. As such, nurses have long pushed for action to enhance the background check system to prevent potentially dangerous individuals from obtaining firearms. This bipartisan legislation is a step in the right direction.

For decades, ANA has called on lawmakers to pass common sense polices that will prevent gun violence and protect Americans. ANA reinforced this call at our 2016 Membership Assembly to stand in solidarity with the individuals, families, communities and health care professionals impacted by gun violence.



710 S. Mustang Rd. Yukon, OK 73099 7015-B W Hefner Rd, Suite A Oklahoma City, OK. 73162

# INTEGRIS is a Great Idea Challenge Winner

INTEGRIS Mobile Wellness Clinic



INTEGRIS earns important grant money as part of the Oklahoma City Community Foundation's Great Idea Challenge. As one of only six chosen recipients announced this week by Oklahoma City Mayor David Holt, INTEGRIS will receive \$180,000 for the creation and implementation of the INTEGRIS Mobile Wellness Clinic.

With the support of the Oklahoma City Community Foundation and in partnership with the Oklahoma Lions Service Foundation, INTEGRIS will deploy a mobile unit into Oklahoma County designed to provide much needed services to the area's uninsured and underserved.

The INTEGRIS Mobile Wellness Clinic will boast a private exam room, exam chairs, screening supplies and a team of professionals consisting of nurse practitioners, nurses, social workers, community health workers and health educators.

They will offer case management services, chronic disease support, health screenings, food distribution, cooking demonstrations, support groups and wellness resources. "As health care in Oklahoma and across the country transforms, accessibility for the most vulnerable populations is an ever-increasing challenge. Mobile health clinics have a distinct advantage in improving health care in at-risk communities," says Steve Petty, the system administrative director of community wellness at INTEGRIS.

"The ability to reach underserved patients in their neighborhoods helps eliminate physical barriers to care, such as inadequate transportation and dispersed services. We believe the INTEGRIS Mobile Wellness Clinic will help bridge the health care gap in our community and fulfill our mission of improving the long-term health of Oklahoma families."

Based on current free clinic and community health screening numbers, as well as the average chronic disease patient volume, the INTEGRIS Mobile Wellness Clinic, in partnership with the Oklahoma Lions Service Foundation, hopes to reach 1,400 Oklahomans within the first two years.

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#### JAMES Continued from Page 1

as an ER nurse many years ago," James said.

It was an eye-opener to say the least.

"Yeah, I'm going to die. It was frightening," James said of what flashed through her mind all those years ago. "He was not in his right mind and pulled out the revolver. Luckily, I had a police officer right next to me and he grabbed the gun."

"The worst we can do is say 'Oh, that will never happen to me because it might.""

James knows working without a plan would shortchange everyone. That's why she's invested in the planning, hoping it will never be put to use.

The first drill that was run pointed out several instances where locking mechanisms didn't work the way they should have.

The second time the code was called it wasn't a drill.

"I got that call on a Sunday afternoon and I just froze," James said of the scenario where the hospital locked down after a suspect in a nearby neighborhood was seen with a gun. "My stomach just sank because there was no drill."

Out of instinct the first thing James did was call the house supervisor. That wasn't protocol.

"The first thing you do is turn your phone off and text only," James said. "I was the administrator on call."

The house supervisor did answer and whispered to James she and several others were huddled under a table in the nursing administration offices.

"There was no lock on that door so they had the table pushed against the door," James said. "The larger space you could just walk in. We've since put a badge reader on that door."

Officials also learned the emergency locking button that seals all doors in the emergency department did not work.

"You could literally walk up and push open our ER so we got that fixed," James said. "It really kind of opened our eyes to a lot of the safety measures we thought we had but really didn't."

Mercy has had Code Roscoe in

place for nearly three years now. It's evolved along the way.

"The reason I feel good about it is because the co-workers feel good about it," James beamed. "After that actual event I went to the hospital after it was all said and done. It was a grueling 45 minutes because that was about how long it took for police to subdue the individual shooting in the neighborhood. I rounded on staff."

"They knew exactly what to do. They knew where their safe spots were and the locks worked. They felt safer. For me, that's a win."

Planning for the unexpected is challenging to say the least.

"There's always something new and I think you have to be flexible to understand you don't have everything figured out and you never will," she said.

"I get shocked every day with something new. Being open to accepting that and training as much as you possibly can for those bigger events - coworkers will figure out what they need to do and what is right to do for their patients and their safety." 20,000 RN's AND LPN's EVERY WEEK! AND NOW... WITH 11,000 FOLLOWERS ON FACEBOOK! Let us find your next team member! PRINT - JOB ALERTS -FACEBOOK - JOB BOARD -WEBSITE

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Our black belt angel. No amount of words can describe the love that Austin gave to our lives. Shortly before he died, we were discussing a friend's little girl that was on the heart transplant list. Lasked Austin and his 16-year-old brother if they wanted to be donors. Austin's response was, "I won't be needing them any more, so sure!" That conversation gave us the courage to honor his wishes a few months later. Working out with friends, he collasped with a heart condition we never knew he had. At 12 years old he left this world too soon, but showed us how to live every day to the fullest. After 4 years in karate he had just received his red belt, and after his death his instructor honored him with his black belt. We are so grateful to be able to call him our son. He will always be our "black belt Love, Dad, Mom and Dillon angel."

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. If you don't have a license or state ID card and do not have internet access, call 800-826-LIFE (5433) and ask for a donor registration card.

ifeShare 🖸

# **CAREERS IN NURSING** SMALLEST GESTURE - GREATEST REWARD: INTEGRIS DEACONESS

by Vickie Jenkins - Writer/Photographer

Meet Rachel Jones, RN, Team Manager at Integris Deaconess. Rachel is a nurse in the orthopedic and med-surge area. "Our office takes care of orthopedic specialties plus situations that are kind of like a hodgepodge of everything else," she said. "I enjoy working here and all of the patients are so appreciative," she added.

Asking Rachel what she wanted to be when she was little, she told me that she always thought she would be a pharmacist. "I never imagined that I would be a nurse," she said with a laugh. "After I started school to be a Pharmacist, I realized that a pharmacist was not what I planned on doing for the rest of my life. I am too much of an adventurous and besides that, I didn't want to be stuck behind a desk all day. After much consideration, I decided that being a nurse would be the right fit for me. I changed my path,

received my Bachelor's Degree from the University of Oklahoma, and my nursing degree from Oklahoma City Community College," she replied. "In fact, I plan on going back to school to become a Nurse Practitioner within the next few years. That's my goal and that is something that I intend to do."

Rachel should be very proud of herself. She was recognized as 2018 Nurse of the Year! "I was so excited and surprised that I was chosen out of twelve nurses out of the whole hospital. What an honor!"

Did anyone have an influence on you going into the medical field? "No, I just decided on my own. It was meant to be and sometimes, I think it just fell into my lap. Being a nurse and taking care of others is such a rewarding job. Also, being a nurse offers many opportunities of where you can work and different choices of what field you want to be in. It is such a great feeling knowing that I make a difference in someone's life. It keeps me going," Rachel replied."

According to Rachel, the biggest challenge with her work at the hospital is seeing people at their worse and dealing with the pain and health issues that the patient face. "A nurse needs a caring heart for sure. I like to tell the patients that I will do whatever I can in able to make their life better and keep on keepin' on. Sometimes, the smallest gesture can be the greatest reward."

What advice would you give to someone going into the medical field? "I would tell them at times being a nurse can be rough; dealing with different and new situations yet that also means we learn new things about helping the patient. It also helps from the learning aspect of different people and what they are going through, giving plenty of room for growth," Rachel commented.

What is your greatest asset? "That would be dependability," Rachel said. "People always tell me that I have a way of calming people down; a real soothing effect. When things get a little chaotic and crazy, I am the one that stays cool, keeping things under control," Rachel replied.

Rachel enjoys spending time with her husband and her three year old "I will have another little son one before long. I'm pregnant!" she said with a big smile. Rachel's hobbies include traveling, reading and coaching a National Volleyball Team consisting of 14 year-old girls. I've been a volleyball Coach for 13 years now," she said. "I played volleyball all through college. In fact, I had a volleyball scholarship,' she added. "Our team has ten tournaments out of the year, and we travel out of state for most of them. It is so much fun." See JONES Page 5

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Nurse of the Day February - May 2019

OKLAHOMA NURSES ASSOCIATION

Find more information and register at: www.OklahomaNurses.org.

Oklahoma Nurses Association www.oklahomanurses.org | 405.840.3476 Oklahoma's Nursing Times



Rachel Jones, RN is the Team Manager at Integris Deaconess. Sporting a title of 2018 Nurse of the Year and Vollevball Coach, she is driven to do her best.

#### JONES Continued from Page 4

I asked Rachel to describe herself. "Well, I am definitely driven, I like setting goals and reaching them. I am active and I like to stay busy. I am very ambitious and consider myself a leader. I really do think it is ingrained in me. Right now, I would like to advance in the medical field, and become a Nurse Practitioner."

Rachel's typical day is full of making schedules and troubleshooting taking charge of any problem that might arise, seeing all of the patients throughout the day (20 beds) and taking care of patient discharges and transfers and last but not least, " keeping the nurses under control," she laughed.

Summing up Rachel's life in one word, she chose the word; EXCITEMENT! Rachel, your ambition and excitement show!



# **Injection Opioid Use Contributes to High Prevalence of Hepatitis** C in Oklahoma

ranked second in the nation for prevalence of Hepatitis C (HCV). Health officials believe significant contributing factors are injection drug use being seen in the state's opioid epidemic.

The Centers for Disease Control and Prevention (CDC), in collaboration with several universities, analyzed data gathered during a national survey conducted from 2013-2016 as well as other studies used to estimate the number of Americans living with HCV. There are approximately

2.4 million adults estimated to be living with HCV in the United States, with Oklahoma estimated to rank second 1.82 per 100 at population, behind only the District of Columbia 2.34 at per 100 population. In addition to this study, data the collected by Oklahoma State

Department of Health (OSDH) and other state public health officials indicate the number of new cases of HCV is on the rise. The CDC estimates more than 41,000 Americans were newly infected in 2016 alone.

A major contributing factor to the high occurrence of HCV is the sharing or re-using of needles when using injection drugs such as opioids. Opioid injection and HCV increased dramatically in younger Americans from 2004-2014. Among people aged 18-29, HCV increased by 400 percent, and admission for opioid injection by 622 percent. Those aged 30-39 saw an increase of HCV by 325 percent, and admission for opioid injection by 83 percent. It is important for those who use injection drugs to understand their increased risk of contracting HCV through shared needles.

"Far too many individuals are unaware of their risk of infection and importance to get tested," said Kristen Eberly, director of the OSDH HIV/STD Service. "Although the ongoing opioid epidemic has contributed to recent

A recent study indicates Oklahoma increases in HCV infections among adults under age 40, it's also important for Oklahomans to understand hepatitis C poses a serious health concern for people of all ages, including infants born to infected mothers."

Baby boomers also account for large portion of chronic HCV infections. Health officials recommend all adults born between 1945 and 1965 be tested at least once for HCV. Testing is also recommended for anyone who may be at risk of contracting the virus

through injection drug use.

"The numbers are sobering, but this challenge can be tackled if the right steps are taken," said Interim OSDH Commissioner Tom Bates. "We recognize that there is a cost to providing help, but even though it might be expensive, it is not hopeless. There is a 90

percent cure rate with treatment. We urge everyone at risk to get tested now." The cure rate is improving and reducing the length of treatment from a year to three months. However, the wholesale treatment cost for new cases ranges from \$417 to \$1,125 per day.

Hepatitis C is a blood-borne virus which can result in serious long-term health problems such as liver disease, liver failure, and even death. There is no vaccine to prevent the virus. The best way to prevent it is by avoiding behaviors known to spread the disease, especially injecting drugs. It can also be spread when getting tattoos or body piercings in unlicensed facilities with non-sterile instruments. The only way for a person to know if they have HCV is through a blood test from a health care provider.

For additional information, visit the OSDH HIV/STD website at hivstd.health.ok.gov. For assistance with finding local resources for opioid treatment, call 211. Additional information about drug overdoses is available at poison.health.ok.gov.



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# OCASCR names new scientific director

The Oklahoma Center for Adult Stem Cell Research (OCASCR) has named Oklahoma Medical Research Foundation scientist Courtney Griffin, Ph.D., as its new scientific director.

OCASCR was founded in 2010 by the Oklahoma Tobacco Settlement Endowment Trust (TSET) to increase adult stem cell research in Oklahoma. Over the past eight years, OCASCR has funded research projects on diabetes, blindness, cancer and other illnesses at Oklahoma State University, the University of Oklahoma Health Sciences Center, the University of Oklahoma, and OMRF.

Griffin earned her B.A. at Harvard and her Ph.D. in biomedical sciences at the University of California San Francisco. Following postdoctoral training at the University of North Carolina, she joined OMRF in 2008. Her work focuses on genes that regulate blood and lymphatic vessels, work that has implications for heart disease, aneurysms, cancer and toxic drug overdose.

Griffin succeeds OCASCR's founding scientific director, Paul Kincade, Ph.D., who is retiring. She plans to continue OCASCR's focus on adult stem cell research and expand the scope of its vision to include work in regenerative medicine.

"Regenerative medicine challenges us to harness stem cell and developmental biology research into discovering new ways of repairing, replacing or rejuvenating disease-damaged organs in the body. We want to open the door to more researchers interested in this growing field of study," she said.

TSET Interim Executive Director Julie Bisbee said she is excited for the future of OCASCR and the role this research plays in TSET's overall goal.





OMRF scientist Courtney Griffin, Ph.D., was recently named the scientific director of OCASCR.

"TSET is proud to support this unique collaboration between academic and research institutions to promote cutting-edge scientific discoveries in Oklahoma," said Bisbee. "Supporting this kind of research that advances treatment for cancer and tobacco-related diseases is fundamental to our mission

to improve the health of all Oklahomans."

Since OCASCR's founding, TSET has invested \$17 million in Oklahoma scientists focused on stem cell research with a return on that investment of more than \$90 million in grants as a result of the projects launched through the initiative.

## SPECIAL EVENT

# **Breastfeeding Class**

Your one-stop resource for all of the breastfeeding basics. We will go over everything you need to know—from buying that first nursing bra to deciding when to wean. Attending class will allow expectant mothers to be more prepared for breastfeeding when baby is born.

The class is free for mothers who will be delivering at AllianceHelath Midwest. The class is \$10 for mothers who are planning to deliver elsewhere. Payment is due at time of class.

\*\*Please register for only one "ticket" for the mother-to-be. A support person is welcome, but does NOT require a ticket for registration. You can register here; https://www.eventbrite.com/e/breastfeeding-class-tickets-53764339587?AFF=alliancehealth-organic-traffic

Class will be: Saturday, February 9, 2019 from 1:00 PM - 4:00 PM (CST). There is no charge for the class. Class will be at Alliance Health Medical Group, 1800 South Douglas Boulevard in Midwest City.

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

#### PRACTICAL NURSING PROGRAMS

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

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

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

#### Central Technology Center

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

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

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

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

#### Great Plains Technology Center

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

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

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

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

1. Muskogee Campus Ph: 918-686-7565

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

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

Kiamichi Technology Center

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- 2. Atoka Campus Ph: 580-889-7321
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- 580-286-7555
- 7. Poteau Campus Ph: 918-647-4526 8. Stigler Campus Ph: 918-967-2801
- 9. Talihina Campus Ph: 918-567-2264

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

OK 74074 Ph: 405-377-3333 Ext 324

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

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

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

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

#### Northeast Technology Centers

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

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

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

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

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

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

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

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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

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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

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Murray State College www.mscok.edu 1. Tishomingo Campus Phone: 580-371-2371 ext. 337 2. Internet-Based Campus Tishomingo Phone: 580-371-2371 ext. 337

Northeastern OK A&M College www.neo.edu Miami Phone: 918-540-6312

Northern Oklahoma College www.noc.edu 1. Tonkawa Campus Phone: 580-628-6679 2. Enid Campus Phone: 580-242-6300 3. Stillwater Campus Phone: 405-372-1480

Oklahoma City Community College www.okc.cc.ok.us Oklahoma City Phone: 405-682-7507

Oklahoma State University www.osuokc.edu Oklahoma City Phone: 405-945-3295

OSU Institute of Technology Okmulgee www.osuit.edu Phone: 918-293-5337

Redlands Community College www.redlandscc.edu El Reno Phone: 405-422-1262

Rogers State University www.rsu.edu 1. Claremore Campus Phone: 918-343-7635 2. Bartlesville Campus Phone: 918-338-8000

Rose State College www.rose.edu 1. Midwest City Campus Phone: 405-733-7546 2. Internet-Based Campus Midwest City Phone: 405-733-7546

Seminole State College www.ssc.cc.ok.us Phone: 405-382-9205

Tulsa Community College www.tulsacc.edu 1. Tulsa Campus Phone: 918-595-7188 2. Owasso Campus Satellite Site Phone: 580-595-7188

#### Western Oklahoma State College www.wosc.edu

1. Altus Campus Phone: 580-477-7830 2. Lawton Campus Phone: 580-477-7830 3. Elk City Campus Phone: 580-477-7830 4. Internet-Based Campus Altus Phone: 580-477-7830

#### BACCALAUREATE DEGREE PROGRAMS

East Central University www.ecok.edu 1. Ada Campus Ph: 580-332-8000 Ext 433/434 2. Durant Campus Ph: 580-924-0121

3. Ardmore Campus Ph: 580-223-1441 Langston University www.lunet.edu

1. Langston Campus Ph: 405-466-3411 2. Tulsa Campus Ph: 918-594-8070

#### Northwestern OK State Univ. www.nwosu.edu

1. Alva Campus Ph: 580-327-8489 2. Enid Campus Ph: 580-233-3101 3. Woodward Campus Ph: 580-327-8489

4. Ponca City Campus Ph: 580-718-5600 Oklahoma Baptist University www.okbu.edu

#### Shawnee Ph: 405-878-2081

Oklahoma Christian University www.oc.edu Oklahoma City Ph: 405-425-5000

Oklahoma City University Kramer School of Nursing www.okcu.edu

1. Oklahoma City Campus Ph: 405-208-5900 2. Duncan Campus Ph: 405-208-5900

Oklahoma Wesleyan University www.okwu.edu Bartlesville Ph: 918-335-6276

Oral Roberts University www.oru.edu Tulsa Ph: 918-495-6198

Rogers State University www.rsu.edu 1. Claremore Campus Phone: 918-343-7635 2. Bartlesville Campus Phone: 918-338-8000

Southern Nazarene University www.snu.edu Bethany Ph: 405-491-6610

Southwestern OK State Univ. www.swosu.edu Weatherford Ph: 580-774-3261

University of Central Oklahoma www.uco.edu Edmond Ph: 405-974-5000

University of Oklahoma www.ouhsc.edu 1. Oklahoma City Campus Ph: 405-271-2428 Tulsa Campus Ph: 918-660-3950 2.

Lawton Campus Ph: 580-591-8094 3.

The University of Tulsa www.cab.utulsa.edu Ph: 918-631-2619

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

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

Bacone College www.bacone.edu Muskogee Ph: 918-781-7325

Northeastern State Univ. www.nsuok.edu Muskogee Ph: 918-781-5410

Oklahoma Panhandle State Univ. www.opsu.edu Goodwell Ph: 580-349-2611 Ext 269

Oklahoma State University www.okstate.edu Stillwater, OK Ph: 405-744-1998

University of Phoenix www.phoenix.edu 1. Tulsa Campus Ph: 918-622-4981 2. Oklahoma City Campus Ph: 888-888-8166 3. Norman Campus Ph: 405-842-8007

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# **SPECIAL EVENT**

## Registration Underway for Faith Community Nurses' Conference

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

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

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



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Vicki L Mayfield, M.Ed., R.N., LMFT Marriage and Family Therapy Oklahoma City If you would like to send a question to Vicki, email us at news@okcnursingtimes.com

Q. I am really bored in my job and want to do something different. I am not even sure I want to continue in nursing. I need a challenge. But I seem to be locked in fear and can't leave. Any suggestions.

Lori

**A.** If you took fear out of the equation what would you do? If you could decide to make a change and not fear the outcome would that make it less difficult?

Since you have acknowledged that you are bored and need a challenge it is going to make your work day less rewarding, maybe even hard to get out of bed and make that drive.

Life is too short to spend too many days bored and unchallenged. The mind and body do not thrive in these conditions.

First make a list of your attributes, skills and interests. What motivated you to choose a career in nursing? Maybe leaving nursing does not have to be your first choice; perhaps moving to another area of nursing. You sound burned out with your current position.

If you decide to leave nursing, what have you always wanted to do? There have been many people who totally changed their careers. Ruth, a lawyer quit her \$300.000 a year job and opened a bakery. Mark quit his full time retail job to play music. Whitney quit her \$95.000 a year job to sell yoga pants and teach to yogi's. Brian quit his corporate \$250,000 a year job to open a restaurant.

There is no shortage of people who said. "Enough is enough, this isn't making me happy." Fear probably crossed their minds, after all it is a normal emotion but they did not let it rob them writing their own life script.

When feelings of boredom and a lack of challenge grow to unmeasurable proportions; stop what you are doing and write a new plan. Whatever it becomes, will be yours. The one thing that you cannot do is the same thing and expect different results.

Let yourself get out of the box. Color outside of the lines. Walk down a different path.

"AND SUDDENLY YOU WILL KNOW......IT'S TIME TO START SOMETHING NEW AND TRUST THE MAGIC OF BEGINNINGS."



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