Oklahoma's Nursing Times

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Whitney Moseley, BSN, RN is the Immunization RN for the United States Public Health Service at the Oklahoma City Indian Clinic. LT Moseley is outstanding in her dedication to her work and her leadership.

by Vickie Jenkins, Staff Writer

Meet LT Whitney Moseley BSN, RN who is the nursing officer for the United States Public Health Service (USPHS) and serves as the Immunization RN for the Oklahoma City Indian Clinic.

LT Moseley graduated from Oklahoma City University's Accelerated Bachelors-to-BSN program in 2012. She is obliged to call OKCIC her work home for the past year now.

LT Moseley explained why she is a nurse and why she works as a nursing officer. "Growing up in rural Oklahoma, I utilized the local Indian Health Centers of which there were USPHS officers on staff that I sought after as role models, in addition to the healthcare nursing team at the local nursing

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Mississippi Woman Donates Kidney to Oklahoma Man After Reading His Story Online



Anna Cannington and Dustin Rippetoe are out of the hospital and on the road to recovery after a successful kidney donation.

A Mississippi woman decided to donate one of her kidneys to an Oklahoma man – she had never even met. The successful kidney transplant took place on Monday, June 24, at the INTEGRIS Nazih Zuhdi Transplant Institute at Baptist Medical Center in Oklahoma City.

Anna Cannington learned Dustin Rippetoe, of Tulsa, Okla., needed a kidney through a strength training community called StrongFirst, of which Cannington and Rippetoe are both members. The StrongFirst community rallied around Rippetoe by creating a GoFundMe campaign and a Facebook support page.

Dustin's Problem

Dustin Rippetoe, 43, is a father and husband. In 2007, he was diagnosed with Berger's disease, a condition that occurs when an antibody known as immunoglobulin A builds up inside a person's kidneys. This can cause inflammation that, over time, can hamper the kidneys' ability to filter



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KIDNEY Continued from Page 1

waste from the blood. This is what happened to Rippetoe and why he was eventually put on the kidney transplant list.

Anna's Solution

Anna Cannington had seen a news story in Mississippi about a woman there who had donated a kidney to a complete stranger. She was deeply moved by this person's selfless generosity, and felt compelled to do the same. "I had the resources, I had the health and I had the time," says Cannington. "I think a lot of people would do this if they could. I think the willingness is there, I just think there are a lot of obstacles in the

REACH OVER 20,000 RNs & LPNs WITH A SINGLE AD ---- PRINT ---- EPUBLICATION ---- FACEBOOK ---- JOB BOARD ---- WEBSITE way for many people. I didn't have those obstacles, so I was happy to do what I could to help a fellow human being."

Cannington contacted Rippetoe's support group in January this year. She flew to Oklahoma in April for testing and only then, did the two actually meet face to face. "Telling her 'thank you' just doesn't cover it, I mean there are no words to describe how grateful I am to her," admits Rippetoe. "I'm jealous of her clarity to be able to do that for someone. There needs to be more Annas in this world." Rippetoe and Cannington don't like to use the term "strangers" when telling their story. They say they felt an instant connection with one another, and know that theirs will be a friendship that lasts a lifetime.

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MOSELEY **Continued from Page 1**

home, where a large part of my family worked. I always wanted to do medical missions with a drive to serve the underserved; and throughout the path of my initial Bachelor's in Spanish and International Business, I had every intention of joining the Peace Corps to fill the desire. In turn, due to the desire to also remain close to family, priorities shifted, and has resulted in me having the opportunity to have the best of both worlds while serving as a nurse for the USPHS and getting to remain local and close to my family while working for an excellent facility amongst a work family I've longer for, while also getting to serve the underserved in my every day and also standing ready to respond in those affected by both and national and manmade disasters."

"Our vision is 'to be the national model for the American Indian health care' and our clinic has repeatedly been voted as one of the 'Best Places to Work in Oklahoma' and I love getting to best serve the population within

within the welcoming environment of OKCIC," LT Moseley said.

Asking LT Moseley what the favorite part of her job is. "My every day is a unique and rewarding experience and getting to serve as a nurse and do what I love while in uniform is beyond what I could have ever dreamt. The comradery amongst my fellow PHS officers and nursing family will forever be cherished. The sense of community and the lasting relationships that evolve at each location that I've served, including both my past and present duty stations and deployment homes, along with the continual opportunity to expand my skillset in both nursing and leadership affords me the opportunity to then be able to give back in the capacity of a mentor while continuing to be mentored myself," she replied.

The fact that LT Moseley gets to serve under the direction of the Surgeon General and among her fellow cohorts and mentors continues to allow her to grow as not only an officer, but as a nurse, which too, allows her to

serve amongst the best of the best Indian Country that she has the pleasure of serving on a daily basis, while also standing ready to answer to the call if the need arises.

> What motivates you? "I am motivated by the desire to serve my communities, which include those within my personal and professional life. I have always been driven by the desire to ensure the comfort of those around me and to be the advocate and voice for those that wouldn't always otherwise be heard," LT Moseley replied.

LT Moseley is married to her ever-loving and supportive husband, Seth. They will be celebrating 10 years of marriage in September. "We have a 6-monthold son and blessed gift, Oliver. My hobbies include traveling and spending time with family and close friends," she said.

What would it be like to not have a pet? LT Moseley doesn't "We have want to find out. 3 pups, Izzy, our matriarch, an 11-year-old cocker spaniel and we have two other pups, Max, a boxer and Jingles, a chihuahua, that adopted us along the way," LT

Moseley said.

Asking LT Moseley to describe her life. "I am honestly overwhelmed and so humbled by the overabundance of love and support that I have in my life, not only from my family, friends and loved ones, but from my work and PHS family as well. continue to pray for direction, and am forever grateful for the endless opportunities that continue to surface," she replied.

What two words would LT Moseley use to describe herself? "That would be, "DEDICATED AND PERSISTENT," she said with a smile.

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Editor and Publisher, Steven R. Eldridge - news@okcnursingtimes.com Recruitment Advertising - Amanda MIller - amiller@okcnursingtimes.com Advertising Services Lisa Weigel - advertising@okcnursingtimes.com Writers: Bobby Anderson, Vickie Jenkins, Vicki L Mayfield, M.Ed., R.N. Send all news, story requests, letters to the editor and press releases to news@okcnursingtimes.com

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JOSE was born with chronic renal failure. His left kidney didn't grow. At age one, he was placed on the transplant waiting list but was only listed for about a month and he started getting better. He was removed from the list and did well until he was 10 years old.

At 10, his health started declining and he was placed back on the list in July 2013. His mom was also tested to be his donor, but within three weeks, a donor kidney became available and he was transplanted in August 2013. The doctors said it was a one in a million perfect match. José was only in the hospital for 5 days. He is now able to do almost anything a boy his age wants to do with the exception of contact sports.

His family feels so blessed to have met his donor's family and is so thankful for the wonderful life saving gift their son received.

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PASSION IN NURSING A LOVE FOR CHILDREN: "IS THAT A MONKEY IN YOUR EAR?"

by Vickie Jenkins - Writer/Photographer

We are here to understand the impact of pediatric asthma on the health of the Native American population. -Dr. Janice Hixson, MD Pediatric Director, John Dimmer, APRN-PNP, Pediatric Nurse Practitioner-

Meet John Dimmer, APRN-PNP, Pediatric Nurse Practitioner where you will find him working at the OKCIC Asthma Pediatric Clinic. With an outgoing personality and a contagious smile and laugh, it is easy to see why he is the perfect person to work in a Pediatric clinic, caring for children ages birth through seventeen years old.

Asking John why he wanted to become a nurse, caring for children in the Oklahoma Indian Clinic, he said, "My main concern is to make sure the children are taken care of. Asthma affects 14% of Native Americans within the state of Oklahoma. My goal is to help children get healthy. I am here to make sure every child is taken care of, meeting their every health care need," John replied. "Here at the clinic, parents never need to worry about the cost of tests or medication," he added.

"Kids are such a joy to work with. Besides that, taking care of the kids help me stay young," he said with a laugh. There is nothing like examining one of the toddlers and looking for monkeys and birds in their ears." He laughed. "You have to keep it light and joke around; kids love it. It makes them happy and makes them giggle. Every child loves to come here as much as I love seeing them. Plus, the nurses here are wonderful! I couldn't ask for anything better. Here, we will run several tests on the child to see if they have asthma. If they do, we show the parents and the child the correct way to use an inhaler and we will prescribe what is needed and continue with virtual follow up visits," John said. "Children are seen 5 days a week, but we have a special day for the asthma clinic. We have the latest equipment; we get their vitals, biopsies if needed, and spirometry is done. We also help the children with obesity, exercise and depression."

Growing up in Choctaw, OK, John went to Saint Gregory's, receiving a Bachelor's in Science and Biology. Then, onto Stony Brook University in New York for his Masters, and Oklahoma City University where he received his nursing degree. John has been a nurse for fourteen years now and

has been at the clinic for nine years.

What is your favorite part of your job? "I love kids! I like seeing the kids and teaching them the basic steps to taking care of themselves. There are all sorts of programs that the children can get involved in too. I also work with the kids when it comes to different opportunities. We offer martial arts for health and obesity. Through that, I see the kids developing self-esteem and confidence. They get plenty of exercise and become physically healthy."

What qualities make a good nurse? "I think a nurse needs to look beyond the inner circle and be there to help in any situation. They should be caring, never putting anyone down, no matter

See DIMMER Page 5



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APRN-Pediatric Nurse Practitioner enjoys working with the children at the Pediatric Asthma Clinic, along with Dr. Janice Hixson, MD, Pediatric Director.

DIMMER **Continued from Page 4**

what the circumstances are," John replied.

John was happy to announce that the Pediatric Asthma Clinic was given a \$15,000 grant funding

will allow Healthpic Data software installation, along with continuous process improvement for clinic flow and documentation templates.

On a personal note, John is married to his wonderful wife, Jennifer who is a pulmonary nurse at Children's Hospital. They have through Blue Cross Blue Shield. This three daughters, Jordan, 13, Taylor,



10 and Reese, 7. John likes spending time with his family and being outdoors. "I like hiking, boating, and I love fishing with my daughters." If not busy enough, John is a black belt in Tae Kwon Do and a Grand Master Hans in Martial Arts. John and Jennifer go to True Grit Fitness in Edmond, OK every morning to exercise and stay healthy, plus setting an example to their children. "It is such a great feeling knowing that you are healthy. Exercise is good for depression and anxiety too."

Asking John what motivated him. He replied, "My motivation comes in multiple parts, I am motivated spiritually; I want to be a better person, and I am motivated by my wife and kids; trying to do the best I can for them, and I am motivated by my friends and fellow-workers," he said.

Summing up John's life in one word? BLESSED

OU MEDICINE EXPANDS GYNECOLOGY SERVICES



Heather Jones, M.D.

OU Medicine announced today the addition of gynecology services at clinics in Edmond and Midwest City.

Gynecologists are now seeing patients for well-woman exams, prenatal/postnatal and general gynecologic care at OU Physicians Edmond at Fountain Lake and OU Physicians Mid-Del Family Medicine.



Gwendolyn Neel, M.D.

Jones, Heather M.D., and Gwendolyn Neel, M.D., are seeing patients at the Edmond clinic and Sabrina Wyatt, M.D., and Kathryn Lindsay, M.D., are seeing patients at the Midwest City clinic. All four providers will continue to see patients at their clinic on the Oklahoma Health Center campus.

"We are excited to be able to provide services at these great community clinics," Wyatt said. "Patients in these areas will have the convenience of seeing a provider in their home town, yet still have



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EXPANDS Continued from Page 5



Kathryn Lindsay, M.D.

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Sabrinam Wyatt, M.D.

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OU Medicine Study Reveals Promising Results for Innovative Atrial Fibrillation Treatment

Norman resident Larry Wrede didn't know he had any problems with his heart, but when he felt his heart rate dramatically increase one evening, he knew he should see his doctor.

That visit ultimately led to his participation in an innovative research study to treat atrial fibrillation at OU Medicine.

Cardiologist Stavros Stavrakis, M.D., Ph.D., driven to improve the quality of life for patients like Wrede, was the lead author for the TREAT AF trial, which showed remarkable results for a novel way to treat the condition. The study tested a non-invasive treatment to regulate the abnormal heart rhythm of atrial fibrillation: stimulation of a nerve through a clip on the patient's ear.

The brain controls the function of the heart by sending communications through the vagus nerve. As the largest nerve in the body, the vagus begins in the brain and travels down the neck, to the heart, and down into the stomach and intestines. But it can be stimulated on the ear. Stavrakis' hypothesis was that an electrical stimulation on the vagus nerve could suppress atrial fibrillation. His trial was the first to study the treatment in humans.

"We found a way to noninvasively stimulate the nerve from the ear to suppress atrial fibrillation," he said. "We're essentially regulating the influence of the brain to the heart."

In the study, 53 patients at OU Medicine were randomized into two groups – one receiving the actual treatment, the other receiving a sham treatment. The study was double-blinded, meaning neither the study participants nor the investigators knew which treatment was the real one. Participants receiving the real treatment were given a small device with an ear clip that they placed on the tragus – the piece of cartilage just above the ear lobe on the facial side. The device delivered a low-level electrical stimulation. Patients were asked to adjust the stimulation until they felt a mild discomfort, then decrease it a bit so it was tolerable. More than 75 percent of participants followed the daily requirements of the study, a rate similar to adherence in medication studies.

In the study, patients used the device on their own for one hour each day for six months, and they wore monitors that measured their heart rhythm. At the end of six months, the patients receiving the treatment had an 85 percent decrease in the amount of atrial fibrillation as compared to those who didn't receive the treatment. For Stavrakis, who has worked for 10 years to bring his research to a clinical trial for humans, the news was exciting.

"We were expecting some effect from the stimulation, but this was a great effect," he said. "The beauty of this is that it's a low-cost, low-risk intervention."

Notably, the stimulation had a carryover effect – atrial fibrillation was suppressed for 24 hours even though the stimulation was applied for one hour daily. That's good news, Stavrakis said, because it means patients would not have to use the device all the time.

Even though he didn't know whether he was using the real or sham stimulation, Wrede suspected his was the real one. His resting heart rate, which had been surging as high as 165 beats per minute, began dropping and never climbed that high again, nor as frequently. He easily worked the process into his daily routine: Every morning as he drank his coffee and read the day's news, he did the stimulation. Participating in the study made him intrigued about the potential of stimulation as a treatment.

"It was exciting to be a part of such a cutting-edge study," he said.

Stavrakis presented the findings of his study earlier this month to the annual meeting of the

(AS PUBLISHED IN THE 2019 EDUCATION GUIDE TO NURSING)

Northwestern Powerhouse University fueling rural health care

on with the future of rural healthcare in Oklahoma and it's taking place at Northwestern Oklahoma State University.

Shelly Wells, PhD, MBA, APRN-CNS, ANEF is the Division Chair and a Professor at the school. A big smile covers her face when she describes how the Alva university is educating nurses to provide healthcare to rural Oklahomans for generations to come.

"We want to keep them out in the high-need areas so our curriculum includes education on rural nursing and that sets us apart from other programs in the state," Wells said. "At this time, we are the only public university in Oklahoma that offers a BSN to DNP."

Northwestern features three different options to advance your nursing education.

The traditional BSN program is

There's something special going offered at four different sites. Students who have earned their LPN may be admitted with advanced standing into the traditional program.

We have provided access throughout four different sites throughout rural northwestern Oklahoma so that the students don't have to travel to a main campus to receive their education. They can receive much of it near their home areas."

An online RN-to-BSN program is available with no traditional clinical hour requirements that may be completed in 12 months. This program is designed for working RNs to complete their BSN.

A hybrid BSN-to-DNP program allows students to pursue their family nurse practitioner licensure without needing to obtain a Master's degree first. Coursework is offered online with practicums close to the student's home setting.

"We anticipated admitting six students the first cohort and 10 the second and we have admitted 25 so far in each cohort and it's become a competitive entry process," Wells said of the growing program.

A Nightingale Award of Nursing Excellence recipient from the Oklahoma Nurses Association, Wells takes pride in the program's low faculty-to-

student ratio and the relationships the faculty have forged at healthcare facilities across northwestern Oklahoma.

Allowing students to learn in their communities creates a natural draw for students.

"That's the plan," Wells said. "We have students completing clinical rotations in those four sites with the thought and hope they will stay in those sites to serve their home communities.'

The NWOSU Nursing program is nationally recognized for its accessibility, affordability, and program outcomes.

The BSN program is accredited by the Accreditation Commission for Education in Nursing, Inc. (ACEN) and is approved by the Oklahoma Board of Nursing (OBN).

The BSN-to-DNP program for Family Nurse Practitioners has received provisional approval from the Oklahoma Board of Nursing and has applied for national accreditation through the Commission on Collegiate Education (CCNE) with a site visit scheduled in November 2019

The yearly application process for the traditional BSN program begins each October. The Online RN-to-BSN program enrolls students year-round and the annual application cycle for the BSN-to-DNP program opens every January.

With more than 30 years of teaching experience in nursing, Wells has closely followed the national trend calling for more BSN-prepared nurses.

"All the hospitals we have talked to in Oklahoma prefer to hire BSN-prepared nurses and they are encouraging their staff to go back and complete their BSN," Wells said. "We're seeing those numbers increase."

A BSN provides the foundation of study that can serve as a basis for pursuing advanced education in nursing.

And Northwestern provides options to do that close to home.





www.nwosu.edu/school-of-professional-studies/nursing

For BSN Program (Traditional and Online) Information: 580-327-8493

For DNP Program Information: 580-327-8442

RESULTS Continued from Page 5

Heart Rhythm Society, the largest arrhythmia-related meeting in the world. The study is important because the global burden of atrial fibrillation is significant. The condition affects more than 33.5 million people around the world, a number that is expected to grow to 50 million in the next 20 years because of obesity and an aging population, Stavrakis said.

People with atrial fibrillation often experience shortness of breath, weakness, lightheadedness and fatigue. Stavrakis aims to improve his patients' quality of life by reducing those symptoms and potentially decreasing the likelihood of more serious heart problems.

Because this was a small, singlecenter study, the next steps are to test the treatment in more patients at multiple sites across the country. Stavrakis also plans to conduct research to identify which patients would benefit the most from vagus nerve stimulation, using EKG, echocardiogram or blood draws to potentially identify a marker. In addition, he will further investigate

SENIOR NEWS & LIMNG GouthPointe

another finding of the trial: Patients receiving the treatment also showed decreased inflammation in their blood. Because inflammation is known to play a role in many other diseases, that discovery warrants further investigation, he said.

Because he is both a physician and a researcher, Stavrakis was especially gratified by the study outcomes because his years of hard work are paying off in ways that can help his patients.

"This is one of the most exciting parts of my work because something we've been doing in the laboratory can now be taken to patients," he said.

The TREAT AF trial was funded by the American Heart Association and the Oklahoma Shared Clinical and Translational Resources, funded by a grant from the National Institutes of Health.



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Oklahoma's Nursing Times





Samantha Bointy, LPN

Charissa Rodriguez, LPN

> **MEMORY LOSS** DINNER EVENT

Breakthrough technology and a revolutionary treatment approach is Reversing Cognitive Decline and early stages of Alzheimer's Disease

TOPICS INCLUDE:

- Top 6 threats to your brain
- The Alzheimer's gene and other hidden causes

Dr. Alvin Philipose DC

- Why memory loss is not normal at any age
- How to find out if you're on the Alzheimer's spectrum and what to do next Problems finding words
- The breakthrough clinical approach to saving your brain

- YOU SHOULD ATTEND IF YOU HAVE:
- A diagnosis of Cognitive Decline or Alzheimer's
- A family history of Alzheimer's Disease

Please RSVP to 405-246-9550 - Reservation Required

- Memory Loss / Forgetfulness

CPNP

• The desire to reverse Cognitive Decline and Alzheimer's Disease

MISSION &

*Must qualify to attend.

You will discover how patients suffering from memory loss, Cognitive Declined and Alzheimer's Disease are rebuilding their failing brains and recovering from conditions once thought to be irreversible.

TUESDAY, JULY 23RD AT 6PM SHARP

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* Success rates may vary. Late stage AD not included



BSN. RN

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