

Right place, right time

Nurse, MA save coworker



photo provided

Norman Regional Health System LPN Sherry Potter gets some love from coworker Lisa Marti, whom Potter helped revive at work.

by Bobby Anderson, RN, Staff Writer

It was like any other day at work for Lisa Marti on May 9, except it would be one that would change her life.

Marti, 39, a medical assistant at Norman Regional's Endocrinology Associates, was found slumped over in her chair at the nurse's station by two coworkers.

After finding her unconscious, Kayla Masters, medical assistant, and Sherry Potter, LPN, transported Marti to a treatment room. They quickly realized Marti had no pulse and wasn't breathing.

Marti had gone into cardiac arrest, with no previously known heart conditions. They

immediately began CPR and called 911. Before first responders arrived, other members of the endocrinology team, including Dr. Lubna Mirza, Michelle Jackson, Estelle Cappony and Alicia Glenn stepped in to help any way they could, and brought in cardiologist Dr. Michael Villano and his staff from the clinic next door.

"It was a nightmare—I don't even know how to describe it," Masters said. "It was pretty devastating to see her like that. A lot of us didn't know if she was going to make it. It was the worst thing I've ever dealt with in a work setting, but I think we handled it very professionally. We acted promptly and did the best we could."

Potter, who previously worked on a cardiology

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Last call

ONA deadline closing in



Jane Lowrey, RN (left) and Christine Fisher, RN, MSN are just two of the hundreds of nurses who have presented their work at the ONA Convention.

by Bobby Anderson, RN, Staff Writer

The Oklahoma Nurses Association Annual Convention has always been a time for nurses to gather and share information.

One of the best ways that happens is through nurses sharing what they've learned in presentations and posters.

This is the final week the ONA will accept submissions for posters. July 14 is the last day for

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POTTER

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floor in a hospital, said trying to revive someone she knew was different from anything she has ever experienced with a patient.

"It was more intense. It's always in the back of my mind—wondering if (Marti) is okay and thinking about all the 'what ifs,'" Potter said. "Things happen for a reason. (Marti) asked to go home earlier that day because she didn't feel well, but we didn't send her home—I guess that was so we could save her life."

Judy and Henry Lantz, Marti's parents, were two of multiple family members to receive a call from the endocrinology staff. They immediately rushed to the hospital, as did Marti's daughter Kaitlynn and her son Tyler.

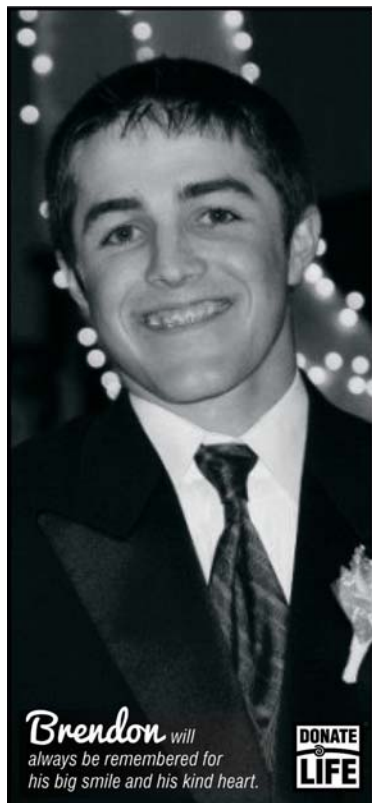
"It was the most terrifying day of our lives," Lantz said.

When Marti's parents arrived to the Emergency Department, Marti was continuing to slip in and out of consciousness. She was shortly moved to the Cardiovascular Intensive Care Unit (CVICU).

"There were some good moments and a lot of bad ones," Judy said. "It would seem like she was getting



Lisa Marti, top row center, was recently brought back from cardiac arrest by her coworkers at Norman Regional Health System.



Kind-hearted, loyal, selfless, funny, giving and passionate are all words one could use to describe Brendon. He was your all American 16-year-old boy, starting on the Perry High School varsity baseball and football teams. Wakeboarding, water skiing and hunting were a few more of his passions.

Brendon will always be remembered for his big smile and his kind heart. He was a blessing to all of those around him during his short 16 years, and continues to be a blessing to those he gave the gift of life.

We continue to find comfort in Brendon's favorite Bible verse. "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go." Joshua 1:9

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better than she would code again. It's not easy to be holding your daughter's head when she dies, especially over and over again."

Marti coded about 10 times in total before cardiologist Dr. Muhammad Salim put in a permanent pacemaker for Marti, which stabilized her and her heart function.

Although Marti doesn't remember much of what happened, she said it's "very scary" to hear about it all, but she received a ton of support from family, friends, coworkers, and her care team that helped get her by.

"I didn't have anybody who disappointed me in my care here.

They offered all of the support and answers I needed," she said.

Marti has two children and two grandchildren to live for. She was able to return to work on Monday, June 18.

"I'm just happy to be alive and to have this second chance at life," she said.

Nephrologist Dr. David Williams is working with Marti on her follow-up care to determine the cause of her event. She said she is very grateful for his kindness and care.

"Hopefully we'll have answers soon," Marti said.

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ONA

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submission.

The strength of the ONA Convention has always been a superb array of educational activities, which directly relate to nursing.

By reaching across specialties and practice settings, convention presentations strive to enhance the skills for nurses in all phases of their nursing career.

Four rounds of breakout sessions will again be offered this year.

Breakout sessions will be held on Thursday, October 25th. Each of the four breakout sessions will have two concurrent 60-minute sessions.

The window to submit presentations has now closed but the ONA is still accepting poster submissions.

The Convention Committee will review posters based on categories. Whether you are a first time poster presenter or a seasoned presenter, the ONA encourages you to submit your work for this year's Convention.

Both primary and secondary research is acceptable. The poster presentation is in a written format and presenters should plan for a 30-minute staffed session in order to answer questions at the convention.

Posters typically fall under Academic, Clinical Practice & Research or Theory, Concept, Teaching Papers & Research.

Suggested Topics include: Clinical Simulations, Conflict Resolution/Disruptive Behavior, Health Disparities in Oklahoma, End of Life Care, Ethics, Health & Wellness, Informatics, Leadership (Clinical & Academic), Mental Health, Mentoring, Nursing Research, Nursing Specialty Topics, Pain Management, Palliative Care, Population Health Management, Political Advocacy in Nursing, Practice Innovation - Clinical topics, Self-care/Stress Management, Share Research Findings, Social Determinates of Health, Status and Trends in Organ Transplant and Using evidence based practice.

If your poster is accepted you will be notified in July.

If possible, the ONA asks that you hang your poster on Wednesday, Oct. 24th at the Hyatt Regency Hotel in Tulsa.

There will be a networking reception on Wednesday at 4 p.m. for attendees and poster presenters.

You will need to be available on Thursday, October 25, 2018 during the poster presentation break.

You are required to staff your poster only during a portion of the

convention.

Suggested maximum size of posters (no tri-folds please) is 36" by 48"

You may receive a 25% discount

on one Convention registration.

For more information you can go online to oklahomanurses.org or call the ONA at 405-840-3476

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PASSION IN NURSING

OVERCOMING PERSONAL LOSS MADE NURSE MORE COMPASSIONATE

Story and Photo Provided

Watching our loved ones in a medical crisis is hard enough. But when you are an oncology nurse and your loved one passes away from the disease, it can be very difficult to return to work. Mena Evans, RN, BSN, OCN, who recently celebrated her 25th year at Cancer Treatment Centers of America (CTCA) in Tulsa, can relate.

Mena's father was diagnosed with gastric cancer in 2005. After undergoing a partial gastrectomy and chemotherapy, he unfortunately passed away. "My father's passing was the most difficult time I have ever experienced," she said.

Mena added, "I must have literally cried a river of tears for several weeks. Losing my dad was the only time I have ever felt depressed. Returning to work was not easy, but through prayer, the wonderful support of co-workers, my loving family, and, most of all, the strength

bestowed upon me from the grace of God, I was able to return."

Believing that there is always something good that comes out of something bad, Mena added, "I believe God gave me the courage and strength, so I could help others during illness and/or the loss of a loved one. It has made me more compassionate and respectful of one's needs. Everyone deserves dignity."

Working in the medical field was always something Mena wanted to do. She started taking classes at Northeastern State University in Tahlequah for optometry school. "Before my third year in college, I decided to work as a nurse assistant at a Tulsa hospital," said Mena. "The work was physically and mentally exhausting, but I enjoyed the interactions I had with patients and the special care they needed while hospitalized. The experience taught me that life can change

directions at any given time. I knew then it was my calling to care for the sick."

Mena was then accepted into the nursing program at the University of Oklahoma, where she graduated with a bachelor's of science in nursing in May 1987. She married her husband, Doug, in 1988, and they moved to Joplin, Mo, where she worked in oncology for three and a half years.

With a desire to move back to Oklahoma, Mena and her husband returned to Tulsa in 1992, and she was hired at CTCA. "After working for several years, my passion for oncology grew. I wanted to become more knowledgeable in the field," she said. "I read, studied and then took the exam to become certified in oncology. I have maintained my oncology certification for more than 22 years. I am also certified in chemotherapy and biotherapy."

Mena currently serves as a care

manager in the CTCA gastroenterology clinic. Over the years, she has held several positions, including working with one of the medical oncologists seeing patients in the clinic and serving as an infusion nurse on weekend nights when her three sons were younger. She has also worked in the inpatient and ICU units, when needed, and frequently filled in as the house supervisor.

When asked about what it's like working with cancer patients, Mena said, "I have to admit, I have shed a few tears at CTCA because I care about my patients and their families. We get to know them so well that they become like family. You don't want to see them hurting in any way."

Mena continued, "We also experience tears of joy. The best news, of course, is when your patient hears the words 'no evidence of disease' or

Continued on next page

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God gives Oncology Nurse Mena Evans, RN, BSN, OCN strength to help others during illness and loss.

'in remission'. Yet, each patient has a goal and their reason to fight the battle joy can be making it to your 50th wedding anniversary or your daughter's wedding so you can walk her down the aisle."

For those who are considering a nursing career, Mena said, "It's not just about giving the medications to your patients on time or completing the tasks on your shift. It's about holding their hands when they are alone or giving hugs when they

need it. It's rewarding when patients or caregivers say they love and appreciate you, or when they send you a thank you card and tell you how much they appreciate the wonderful care you have given them."

Mena said she has kept all the cards she has received over the years from her patients and their families. "It helps remind me that I am making a difference in what I do as a nurse."

11 Year Old Superhero Caleb Hines Committed to Helping All Children

In 2012, when he was just 5 years old, Caleb Hines, along with his mother Marcie, decided it was time for young Caleb to learn the importance of helping others and giving back to his community. Searching for ways to get involved, Marcie quickly discovered there were very limited opportunities for children his age to volunteer and become engaged. So, the seed was planted to create an avenue where children could help other children, with a focus to provide basic necessities.

In her search for opportunities, one fateful visit led Marcie to the epiphany moment that would lead to the creation of Caleb's Cause Foundation. While visiting a friend's non-profit, All Things Baby, a local

organization offering assistance to expectant mothers and children in need, the phone rang three times, all with the same request for diapers. With each call, the reply was regrettably the same, "I'm sorry, no we don't have any". As Marcie tells it, "It was at that moment I asked her about the requests and she explained the need for diapers, the lack of funding for diapers and the abuse that comes from lack of diapers. From there we did our homework and decided diapers was the #1 focus for us." And Caleb's Cause Foundation was born.

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See CALEB Page 8

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- Registered Nurse - (RNP, FT, 7p-7a, Intermediate Med/Surg (710854)
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Oklahoma's NURSING TIMES

CALEB

Continued from Page 5

programs that provide diapers or cover the cost.

- An infant needs an average of 12 diapers a day, while a toddler needs 8.

- Some low-income families are forced to keep their children in one diaper a day!

- Statistics reveal not having enough diapers for daily changes causes:

- Increased health problems
- Child abuse is more likely to occur due to non-stop crying from continually wearing soiled diapers

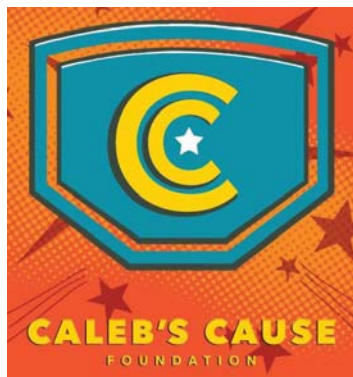
- Parent's often miss work and keep their children out of daycare due to the lack of diapers

- Some children with disabilities never outgrow the need for diapers, placing additional financial and emotional strain on struggling parents.

So Caleb and Marcie rolled up their sleeves and got busy. Very busy! Drawing on his love for all things Superheroes, Caleb decided to call on his Superhero friends to pitch in. And they did just that, hosting diaper drives during their own parties, requesting guests bring diapers to donate to Caleb's Cause Foundation, instead of gifts for themselves. One remarkable friend, 11-year old Billy Vega has hosted an annual Christmas party for the last three years requesting diapers in lieu of presents. Friends, family and schoolmates all volunteering to support Caleb and the children of Oklahoma.

Caleb's Cause Foundation also engages the community-at-large by hosting its annual fundraising event, 5K and 1 Mile Fun Run each August. Now in it's seventh year, the race is expected to draw over 300 Superheroes who each donate diapers of any size or brand, providing enough diapers to serve 10,000 Oklahoma children! The run is an all-ages event offering music, entertainment, a photobooth and even a Superhero Closet whereas participants can throw on their own Superhero cape and Run for a Cause.

Diapers are currently distributed to nine community partners throughout the State of Oklahoma. Each distribution location is carefully selected by Caleb and Marcie through an application process, site visit and annual assessment of needs. With the growing awareness of the need for diapers, Caleb's Cause Foundation is expected to add five additional



statewide distribution locations in 2018, with the goal of one day providing diapers to every Oklahoma child in need.

When asked what motivates Marcie to keep pushing forward, Marcie states "Getting to serve next to my son is priceless. Getting to go to our locations and seeing families there picking up our diapers is the most humbling experience. Hearing over and over again that mothers are bringing their children in soiled diapers to our locations and able to change their babies immediately, providing instant relief to both mom and baby is a heavy feeling that brings you to the very core of why we do this."

And to young Caleb, the enormity of what they have embarked upon is not lost on him. Caleb says, "The government won't do it and the schools can't do it, so it has to be us." Caleb goes on to say, "I believe we CAN make a difference because we already ARE making a difference." To see and hear Caleb in his own words, visit him on FACEBOOK AT <https://www.facebook.com/CalebsCauseFoundation/videos/894091457397030/>.

But it's not enough. Caleb's Cause Foundation won't stop until every child in Oklahoma, and beyond, have the basic necessities they need. Next on Caleb and Marcie's To-Do list, they're setting their sites on a partnership with a diaper manufacturer to become a distributor, so as to serve even more children and families in desperate need. They also plan to lobby federal legislatures to change the food stamp laws which prohibit the purchase of diapers, directly affecting the health, safety and well being for millions of children around the country.

For more information about Caleb, Marcie, the remarkable work of Caleb's Cause Foundation and the children they serve, please visit www.CalebsCauseFoundation.org.

OMRF receives \$2.1 million to study cell division



OMRF researcher Gary Gorbisky, Ph.D.

The National Institutes of Health has awarded the Oklahoma Medical Research Foundation a \$2.1 million grant to study multiple facets of the process of cell division.

OMRF scientist Gary Gorbisky, Ph.D., will use the funds to pursue general research projects related to cell division, including its relevance to cancer, birth defects and uncovering new knowledge about the basics of how cells divide.

The five-year award from the National Institute of General Medical Sciences is part of the institute's Maximizing Investigators' Research Award, or MIRA, program. MIRA grants provide a funding stream that allows investigators to use their award to support a wide range of needs instead of limiting their spending to one specific project.

"This grant will allow us to keep an open mind as we go about our research. When we find something interesting, it affords us the chance to chase down those new leads without restrictions," said Gorbisky, who heads the Cell Cycle and Cancer Biology Research Program and holds the W.H. and Betty Phelps Chair in Developmental Biology at OMRF. "This is how innovations and discoveries in research often happen, and we are thrilled to receive this opportunity."

The grant will help cover salaries for Gorbisky and his laboratory staff, as well as the purchase of lab supplies and equipment. The NIH states that the increased freedom afforded by MIRA funds can enhance productivity and the likelihood of important, but perhaps unplanned, breakthroughs.

Gorbisky's goal is to understand how cell division is regulated and how this regulation can become defective in cancer cells and lead to birth defects. Better understanding of these processes might allow researchers to develop novel treatment approaches for these conditions.

"Thanks to this MIRA grant, we will be judged on our research performance and potential," said Gorbisky. "It's important to know the basics of how cells divide, and this affords us real freedom to think outside the box and take new approaches to answering these basic questions."

The grant, number 1R35 GM126980. Is from the NIGMS, a part of the National Institutes of Health.

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www.cvtech.org
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www.ctechok.org
1. Drumright Campus Ph: 918-352-2551 Ext 288
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Chisholm Trail Tech. Center

www.chisholmtrail.com Ph: 405-729-8324

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www.francistuttle.com Oklahoma City Ph: 405-717-4382

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www.gctech.org
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6. Idabel Campus (McCurtain) Ph: 580-286-7555
7. Poteau Campus Ph: 918-647-4526
8. Stigler Campus Ph: 918-967-2801
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www.connorsstate.edu
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www.eosc.edu
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ext. 796

2. Idabel Campus Phone: 580-286-9431
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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

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

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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

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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

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www.wosc.edu
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University of Oklahoma www.ouhsc.edu

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www.cab.utulsa.edu
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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

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



Dissecting St-St-Stuttering

OU Allied Health researcher aims to improve diagnosis and treatment



Research assistant Landon McGee talks to a young boy about the sensors utilized to capture physical reactions to a variety of images the child will see on a computer screen inside the communications lab of Katerina Ntrourou, Ph.D., CCC-SLP. Ntrourou and her team hope their work will lead to better ways to assess and treat stuttering.

Could a child's response to happy, sad, mad or expressionless faces provide important answers about why stuttering happens and how to better treat it? One researcher at the University of Oklahoma College of Allied Health believes it may.

Katerina Ntrourou, Ph.D., CCC-SLP, and her team utilize special sensors and computers in their new communications lab at the OU College of Allied Health to evaluate the genesis, manifestation and treatment of stuttering. Most importantly, though, they hope to shatter the myths that surround this common communications disorder.

"People think you stutter because you're nervous. No. Or people who stutter have lower intelligence...absolutely not," said Ntrourou.

Stuttering impacts one in every 20 young people. The disorder is four times more common in boys than girls. While some outgrow it, others do not. In fact, one in every 100 people who stutter will continue to stutter long-term without treatment. Ntrourou aims to gain new insights that will lead to new, more effective treatments while also enhancing understanding of the disorder.

"Now, I've got to put two on your

back," said Landon McGee, a research assistant in the lab tells a young boy as sensors are applied to his chest and arms. In their lab, Ntrourou and her team record a child's silent physical responses to faces showing varied emotions.

"So if you have two pictures on the screen, one happy face and scary face or mad or sad, how quickly will the child look at that face and how long will their attention be drawn to that picture. Children who stutter even at a very young age seem to be more reactive and regulate less," Ntrourou explained. Dr. Ntrourou hopes her research will help develop more effective assessments for stuttering and better treatments so that children who stutter will learn to not only speak more fluently, but to grow up more confidently. "I would like parents and kids to have a safe place where they can talk about their struggles and their triumphs," she said.

Ntrourou added that she is excited to work at the college, a place where care, research and treatment go hand in hand. The ultimate goal is to give families a way to navigate their own treatment while also building a solid foundation of research to help future families.



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 have a friend, Brittany who is in her mid-thirties, divorced twice and very confused about dating. When a man is nice to her she is ready to marry him. How can I get her to slow it down?

--Shannon

A. I suspect there are significant reasons why your friend does not know how to connect with a "nice, kind" man.

(Here is more of Brittany's story as told by Shannon)

Brittany was raised by her step father who was an alcoholic, mean tempered and controlling. She did not know until early in her 20's that he was not her biological dad. Her mother told her the story of her conception, perhaps telling too much but Brittany found out that her dad was married and her mother had a one night stand with him.

Brittany sought him out and he was receptive to meeting her. She had hoped he would want to spend time with her and get to know her. But after that first and only meeting they had a few brief phone conversations, then nothing.

Brittany's mother was very nurturing but also very passive to the men she chose. They did not want Brittany to receive so much attention from her mother because it took away from the time she gave them. (Her mother was very codependent and so was Brittany; they were both starved for love and attention).

Brittany chose men who were like her father. (She was attracted to what was familiar and with no therapy, continued to choose those type of men; her relationships got sicker). The only difference from her mother, Brittany was always the most educated and made the most money. (Her mother only had a high school education, Brittany had a college degree). That gave her control, even if only the illusion of control.

When Brittany actually found a man who presented with caring, respectful behavior she did not know how to receive it. Even the little things she found amazing, for example: Her latest boyfriend made her dinner, was nice to her kids, seemed interested in what she was saying. According to Shannon, Brittany wanted him to move in AFTER ONE MONTH!!!!

Brittany is very wounded from untreated childhood issues that are driving her adult behavior. Until these wounds are understood she will continue to struggle with having a healthy relationship. She looks at her friends who seem to be doing well and believes their husbands must be PERFECT because they treat them so well.

It is very clear from Brittany's story that childhood trauma can lead to major adult struggles with even knowing what a healthy relationship looks like. So left untreated, there is little hope for the caring, loving, respectful relationship that people are seeking.



NURSE + TALK

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What is the one thing you cannot live without and why? AllianceHealth Deaconess

My grandchildren. When I have a rough day at work, their little smiles and hugs make everything okay.



Eddie Deemer, RN

Thinking from the medical side, oxygen!



Rachel Shadrack Rajan, RN

Each week we visit with health care professionals throughout the Metro



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