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July 15, 2019

Information for the Oklahoma Nursing & Health Care Professional

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Sandy Sitter Nurse of the Year



Her Love Comes from Within

Pictured are two of the residents at Tealridge Retirement Community, L-R, Don McDuff, and Bill Hurst standing with Sandy Sitter, RN, BSN, Assistant Director of Nursing.

by Vickie Jenkins, Staff Writer

Welcome to Tealridge Retirement Community. We offer Independent Living apartments, Assisted Living services and apartments, and Memory Care.

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With a bright smile and a friendly handshake, Sandy Sitter is the Assistant Director of Nursing. Sandy is an RN, BSN at Tealridge Retirement Center, where she has been working for about a year. With high standards of caring for others, it's no

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Learning Curve

Nurse steps into new role



Terra Collie, RN, is settling into her new role as the administrative director of patient care services at Integris Canadian Valley Hospital.

by Bobby Anderson, RN, Staff Writer

Terra Collie, RN is learning a new language. It's not Spanish, French or Italian.

It's Integris.

"What's this acronym mean?" Collie says of one of her favorite phrases in her new role. "That's probably one of the biggest challenges with Integris is learning all the acronyms. They're really big on their acronyms and everybody knows what they are."

Her title is already a mouthful - in any language - as administrative director of patient care services for Integris Canadian Valley Hospital.

Since mid-March Collie has been on a mission to absorb as much of the newness as she can.

"I'm over all the inpatient areas with the

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COLLIE

Continued from Page 1

exception of surgery," she said of her massive role.

Prior to coming to Yukon Collie spent five years with Community Hospital serving as the director of nursing over ICU, med-surg and ER.

Now she has managers and directors reporting to her instead of doing it all herself.

Before that she was the director of surgery at McBride Orthopedic Hospital.

She also spent a decade at Midwest Regional.

This summer Collie celebrates 26 years as a nurse.

"I was looking to learn some new things, to advance the knowledge that I already had and expand my horizons," she said. "For me this is an opportunity for growth."

With a hands-on style, Collie rounds daily on her units. She offices across the hall from a pair of her managers."

She fell in love with the philosophy of Integris.

"I love their mission and their values. They correlate with my own," she said.

Basically any way to improve patient care falls under Collie's purvey. She works directly with staff and physicians to help raise the bar.

"Sometimes I have to find out information so I can be a facilitator," she said. "I think probably within the last three weeks I feel like I know where things are and I know who to call to move things forward."

She moved to a much larger organization, but a similar feel with the community-focused Canadian Valley facility.

"There are some similar things about it and there are things that are very different," she said. "The beauty is with this small hospital setting you have that home-like feeling. However, we have the opportunity to tap into that large organization. So instead of reinventing the wheel here we can certainly access lots of research that's already been conducted and tap into resources I didn't have."

"That has been a blessing."

Getting up to speed has been challenging but her goal is always

a simple one.

"My goal here and really anywhere I go is to help the people that help the people," she said. "The truth is as nurses and healthcare providers we spend our time taking care of patients, exhausting ourselves emotionally and physically. If I can offer them the tools that they need to get the job done and make that an easier thing for them and eliminate any barriers that's what I want to do."

"I want to empower the nurses. I want to empower the techs."

One of the items on her short list is beefing up the unit based councils and letting nurses have a louder voice.

She says feels totally empowered by Chief Nursing Officer Jill Hughes, MS, RNC-OB and CEO Teresa Gray, MBA, RN, ANCC.

"(Teresa) exudes her passion," Collie said. "You just know if you've got something to bring and it involves nurses she's got your back. She's got your back. Jill's got your back. We've got a powerful team."

Before her Oklahoma nursing career, Collie worked in multiple states.

During the Y2K buildup she lived in Washington, DC and saw cutting edge healthcare technology advancing. She's also worked in settings like lower Alabama, where there's still progress to be made.

"I've had every opportunity but all-in-all we always have the exact same goal and that's to provide the best care we can to our patients," she said. "Lots of great experiences getting to see how people and systems do things differently really made me appreciate home."

Born and raised in Oklahoma City, Collie graduated from Westmoore High School but has lived and worked across the country.

"This group of people - I will say - I got to walk into a dynamic corps of leaders and managers and nurses and staff," Collie said. "The folks here are highly committed. They love what they do. They stand behind our organization and stand behind our CEO and CNO. There's a lot of transition and newness happening yet it doesn't seem like there's a lot of chaos going on at the same time."

"That says a lot about an organization."

SITTER

Continued from Page 1

surprise she was named Nurse of the Year 2019 by the Oklahoma Assistant Living Association and was also Nurse of the Year in 1994, presented by Baptist Hospital.

Growing up in Nebraska, Sandy moved to Oklahoma City, OK in 1987. She went to York College in Nebraska, came here to go to Oklahoma Christian College and UCO for nursing, where she met her husband, married and has lived here ever since.

"I actually got my degree in Psychology but due to some medical reasons, I stayed home at the time. There was a big gap from when I quit working until I had a real desire to go to school again to be a nurse. It all came about when my grandmother had cancer. I noticed all of the nurses were so kind, making my grandmother feel as comfortable as they could. I told myself that I wanted to go to nursing school and I would take care of the patients just like the nurses had cared for my grandmother. My grandmother passed away before she saw me

graduate nursing school yet, I know she is proud of me for pursuing such a career," Sandy commented. "Little did I know that my grandmother was forming my life in my everyday walk, preparing for my job as a nurse," she added.

"One of my first jobs as a nurse was working in the cancer unit at Baptist Hospital. From there I worked at Integris Hospice. That is where I learned that all senior residents should be treated with dignity and respect. I love caring for the elders," she said.

When asking Sandy what her favorite part of her job as Assistant Director of Assisted Living is, she replied, "It is definitely the love that I have for the residents. I just love them all so much. Right now, we have room for 84 residents and currently, we have 64 residents. I like the fact that I have a close relationship with all of them."

If Sandy were to give advice to someone going into the medical field, she would tell them not to lose sight of who your patient is. "Don't get so wrapped up on the medical side that you lose track of who they are as a person. Take

care of the patient as if you were in their place," she said.

On a personal note, asking Sandy to describe herself. "Well, that is certainly a hard question," she said with a laugh. "I am very compassionate and I am a loyal friend. I value my friendships; a very important deal for me. I am a mom, and I have two daughters; Jenna, 25, who lives in North Carolina and Kristen, 19 who attends Oklahoma Christian University. I love spending time with them. I am a Christian and attend Life Church in Edmond and I love the Lord. I have a sweet little dog named Millie; just a good ole dog and I like taking her for walks. I am a huge animal lover. I think humor and laughter is important so you will probably see me having a pretty good time here at Tealridge," she said.

Encouraging words and a positive attitude are what make Sandy an outstanding nurse. "First thing in the morning, I give my day to the Lord, and I always treat others with dignity and respect. I am happy, and even keeled. I think about my words before I say them and I treat people the way I

want to be treated. My love for others comes from my heart," she said.

If you were to sum up your life in two words, what would those two words be? "That would be BLESSED and HAPPY," she replied with a smile.

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CAREERS IN NURSING

TURKEYS, GOATS AND PEACOCKS, OH MY!: THE TIMBERS - EDMOND

by Vickie Jenkins - Writer/Photographer

Sometimes, a single event can change your life. Perhaps, it is an unexpected health emergency such as a stroke or heart attack. When difficulties take place, the clinical staff, including their certified Physical, Occupational and Speech Therapists, are available to help you regain independence, mobility and function at your own pace.

Friendly and outgoing, Ron Holt, RN is Assistant Director of Nursing. Ron explains why he likes working at The Timbers. "I work here because I like caring for others. My mother always told me that I needed to be a nurse so I went to nursing school because she persuaded me to do it," Ron said. "I've been a nurse for twenty years now and I can't image doing anything else," he added.

Asking Ron what he favorite part of his job was, he replied, "I just love taking care of others,

especially the ornery ones; the ones with a little spunk to them. I also feel like the elderly patients get neglected and I want to change that."

"Of course, the biggest challenge about my job is when I see one of the longtime residents die. I am the one that takes care of them in their last days, dealing with their families in their loss. Just being here for the families is such a big relief to them," Ron commented.

Ron was born in Oklahoma but moved to Kansas when he was five. "I attended school in Kansas and when I was out of school, I joined the Navy, where I was stationed in Holy Loch, Scotland for four years, where the Navy submarine base is. I tell you, it was the roughest sea I had ever seen. Four years was enough for me so I decided to move back to Oklahoma. This is where I'm

going to stay," he said.

I asked Ron what qualities make a good nurse and he replied, "Compassion is the main quality a nurse should have; first and foremost. A nurse needs to have a lot of patience, especially taking care of the residents that have lost or are losing their memory. It can be tough sometimes, but a nurse needs to deal with it in the best way they know how. Of course, a nurse needs to have plenty of knowledge, knowing what to do in every situation."

Ron offered some advice for anyone going into the medical field; "First of all, know that being a nurse is an excellent job with so many different areas to choose from. A person should find their nitch, whether it is pediatrics or geriatrics or something else, know what you want to do with your life and stick with it. Learn as much as you can

and don't be afraid to get out of your comfort zone. Being a nurse gives you a great feeling knowing that you are helping others."

Between Ron's mothers telling him he should be a nurse, it seems as though one of Ron's friends was also pushing him that direction into the medical field. "His name was Roger Schucki and he actually walked with me to the college to get enrolled. I'm not sure I would have gone that day if it wasn't for him. Roger was a nurse at that time and he was also my mentor. He helped me out in so many ways so I feel like I owe all of this to him. Roger has passed away now but I will never forget how he helped change my life," Ron commented.

Ron has several interesting hobbies. Besides the usual hobby of going to movies and hanging

See HOLT Page 5



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Ron Holt, LPN is the Assistant Director of Nursing at The Timbers Skilled Nursing and Therapy, located in Edmond.

HOLT

Continued from Page 4

out with friends, he raises turkeys, goats and exotic white peacocks. "I love animals and I really like taking care of them. I live out in the country and enjoy raising them. It keeps me busy," he said with a smile. "Outside of that, I have three very large dogs too," he added.

Ron is definitely a leader when it comes to work. "I was a charge

nurse previously but now I am the assistant director of nursing. I can take charge yet be gentle when it comes to the residents, even the spicy ones," he added. "My biggest asset that I contribute to my work every day is just enjoying taking care of the residents' needs and giving them a sense of well-being and helping the families deal with their loved ones," he said.

Summing up Ron's life in one word, he said, "It would have to be ADVENTUROUS."

Initiative Aims to Transform Care Delivery for Americans with Kidney Disease

On July 10, 2019, President Donald Trump signed an Executive Order to launch Advancing American Kidney Health, a new initiative designed to improve the lives of Americans with kidney disease by expanding treatment options and reducing health care costs. The initiative proposes various changes, including revising rules to ensure kidneys reach patients quicker, moving more patients into home dialysis, encouraging development of artificial kidneys, increasing the number of kidneys available for transplantation, and changing reimbursement for kidney disease treatment.



ANNA President Tamara Kear, PhD, RN, CNS, CNN.

As directed by the Executive Order, the U.S. Department of Health and Human Services (HHS) announced that the Centers for Medicare & Medicaid Services (CMS), through its Center for Medicare and Medicaid Innovation (CMMI), released a proposed required payment model and four optional payment models to adjust payment incentives to encourage preventative kidney care, home dialysis, and kidney transplants. The Department's Assistant Secretary for Planning and Evaluation (ASPE) also released a paper entitled Advancing American Kidney Health.

The Advancing American Kidney Health initiative provides an opportunity for nephrology nurses and the American Nephrology Nurses Association (ANNA) to be strategic and forward thinking about what we have to offer as a profession," said ANNA President Tamara Kear, PhD, RN, CNS, CNN. "Successful implementation of the initiative will require the active involvement of nephrology nurses who possess the necessary education, training, and clinical skills to provide the most effective care to patients with kidney disease in all settings. Nephrology nurses must not only be at the table as the American Kidney Health initiative is implemented, we must have a leading role as full partners with the HHS and CMS, industry leaders, practitioners, and patient organizations as the initiative moves forward."

ANNA and our colleagues in the kidney care community will continue to work together to share updated information and resources with our members during this entire process.

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Oklahoma's Nursing Times

Worldwide variation in nurses' knowledge of cancer



Nurses' knowledge of cancer and screening processes varies significantly across the globe – potentially resulting in unnecessary deaths where knowledge falls short – new research in the European Journal of Oncology Nursing reports.

In the first study of its kind researchers from the University of Surrey investigated nurses' awareness of cancer warning signs, cancer screening and the frequency of discussions held with patients about early cancer diagnosis in eight countries across the

world.

A growing and ageing population has led to increased demands on primary care providers, which has been eased by expanding the role of nurses. Due to this change in their role, primary care nurses have taken responsibility for managing chronic diseases, triaging acute minor conditions and screening for cancer. It is therefore vitally important to assess varying levels of knowledge in nurses across the world.

See VARIATION Page 10



José 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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LifeShare

INTEGRIS Baptist Medical Center Receives Comprehensive Stroke Center Certification from DNV GL Healthcare

INTEGRIS Baptist Medical Center announces that it has received certification from DNV GL - Healthcare as a Comprehensive Stroke Center, affirming the hospital's readiness to handle a full range of stroke-related medical problems.

The hospital was already certified as a Primary Stroke Center by The Joint Commission; however, this new certification is a more comprehensive designation that took over two years to achieve.

"Stroke care requires the best clinicians and resources as well as the ability to act organizationally with extreme efficiency because of the time-critical nature of these events," notes Ashish Masih, M.D., medical director, Neurosciences. "Our accomplishment of becoming a comprehensive stroke center marks the significant commitment from our stroke team and INTEGRIS leadership to ensuring patient health and safety."

Certification as a comprehensive stroke center helps determine the facility to which a patient should be taken to receive the most appropriate stroke care. The DNV GL - Healthcare Comprehensive Stroke Center Certification is based on standards set forth by the Brain Attack Coalition and the American Stroke Association and affirms that the medical center addresses the full spectrum of stroke care – diagnosis, treatment, rehabilitation and education.

"This designation reminds our patients we offer one of the region's largest and best-equipped hospitals to treat any kind of stroke or stroke complication," says Briton Stoll, director, Metro Neurosciences. "It helps demonstrate to our community we perform at the highest stroke care level."

According to the National Stroke Association, stroke is a leading cause of death, killing nearly 130,000 people each year, and is a leading cause of serious, long-term adult disability. Because stroke or "brain attack" effects blood flow to the brain, rapid and effective treatment can save lives and provide the best chance of limiting the extent of long-term damage.



I N T E G R I S

From fighters to healers

Two military men set sail for nursing

He has spent 22 years training to fight for his country. Now, instead of firing a high-powered rifle at enemy combatants a thousand meters away, Craig Wheeler - a master sergeant in the U.S. Marines and father of four - is about to embark on a career focused on healing the wounded and comforting the sick.

Wheeler isn't the only military man about to graduate from the University of Tulsa's BSN program. After four years serving as boatswain mate second class in the U.S. Coast Guard, Daniel Chavarin is making a similar transition.

Essential skills for soldiering and nursing

For both men, military training provided skills and attitudes that have proven valuable for their nursing studies. "The biggest thing I learned in the Coast Guard was adaptability to change," Chavarin says. "I also learned about leadership and communication. Nurses

must be able to lead a team and advocate for a patient's needs. You also have to be there at the bedside, listening to and communicating with your patient, trying to understand their goals - for life and treatment."

Wheeler echoes his friend's insights, adding that in the Marines "my job required me to learn a lot of complex things very quickly, and use them in challenging and dynamic situations. Both soldiers and nurses require this skill."

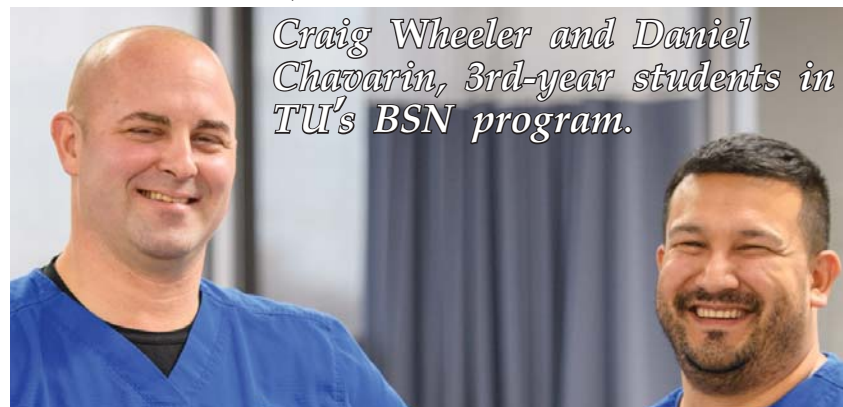
Core values

Part of nursing is about skills; part is about core values: "If you're not here to provide compassion and care to a patient, then you're here for the wrong reason," says Wheeler. "Anyone coming into this field needs to provide care and dignity for a patient who may have given all their vulnerabilities to you. You need to be able to take those vulnerabilities and be protective of them. And be vulnerable yourself, as well." Chavarin expresses similar sentiments. Toughened on the exterior from years of chasing down drug smugglers and other criminals on the high seas, on the inside this father of two boys reveals an unexpected tenderness when he speaks of the affective dimension of nursing care: "The biggest thing you have to realize is you have to give part of yourself up to help take care of people who rely on you to be there for them. If you can't do that, you're going to fail at this job." Chavarin pauses and continues, "we have to give our utmost respect and love to these patients in order to give them the best treatment and outcomes they deserve."

Two nurses, two futures

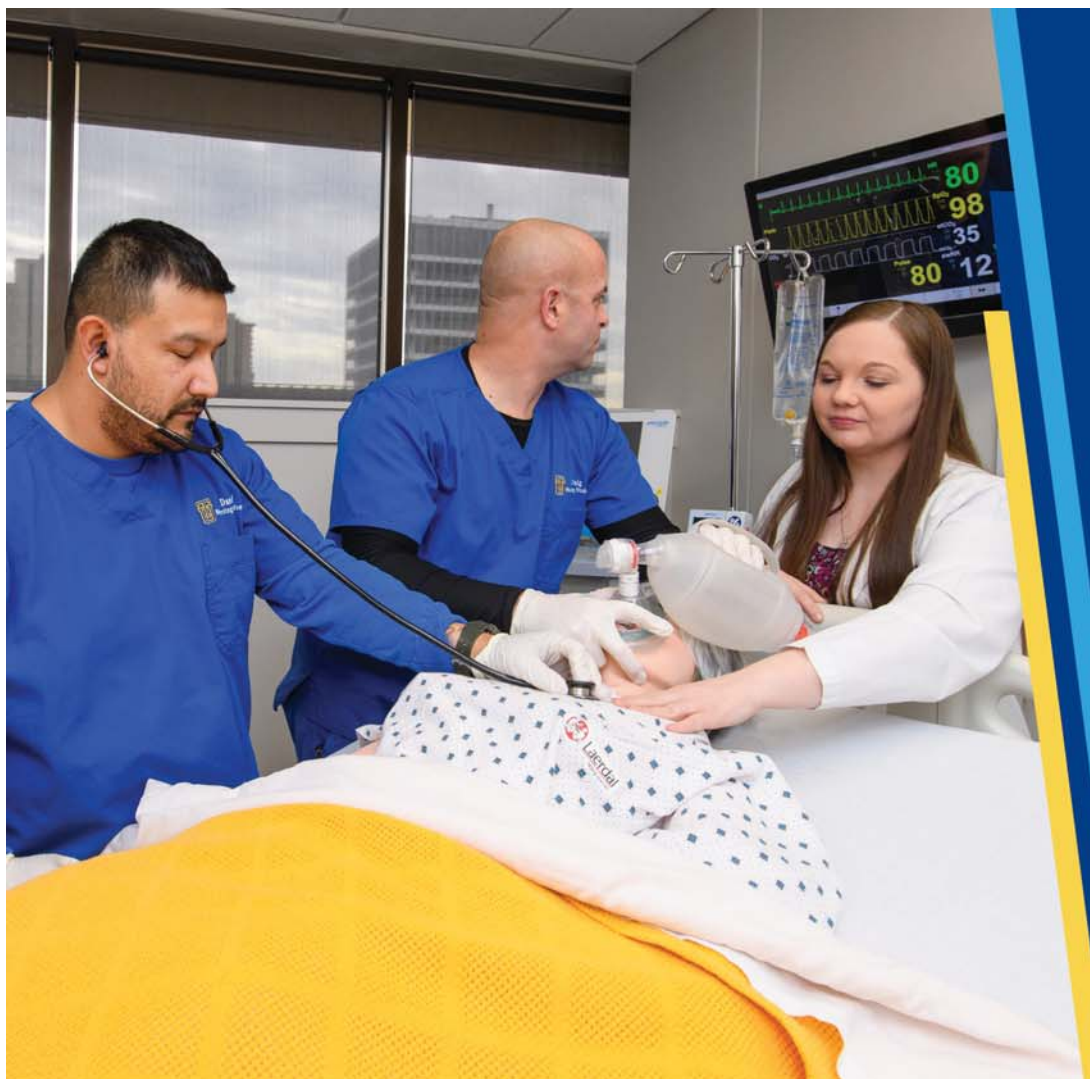
Despite their similarities and what they both describe as a "brotherhood" discovered during their nursing studies, once they receive their diplomas Wheeler

Craig Wheeler and Daniel Chavarin, 3rd-year students in TU's BSN program.



and Chavarin will pursue different paths. For the Marine, a new life as an ensign in the U.S. Navy will open up. After that, Wheeler foresees coming back to TU to become a nurse practitioner (NP) and then returning with his family to his roots in western Oklahoma to set up a country practice.

For the former Coast Guard sailor, however, civilian life beckons. Chavarin plans to stay in the city (his wife's hometown), where he recently accepted a position in the emergency department at St. Francis Hospital. "My nursing path is in critical care," says Chavarin. "Maybe someday I will look into becoming an NP. For now, though, I am eager to acquire specialized certifications, such as CFRN (certified flight registered nurse), and to build a career working in medical, surgical or trauma ICUs."



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VARIATION

Continued from Page 8

Examining 21 studies in this field, researchers identified substantial international variation in nurses' knowledge of cancer screening. For example, in Jordan only 9.1 per cent of nurses knew the recommended age of initiation for colorectal screening is 50 years and in Brazil only 12.5 per cent of nurses knew the correct age for breast screening in their country. In comparison, a relatively high proportion of nurses in the US and Oman knew the correct recommended ages of initiation in their countries.

There was also deviation in understanding of how often individuals should be screened.

Researchers found a low proportion of nurses in Turkey, Brazil, Jordan and Oman were aware of the correct recommendations in their countries. This is in contrast to nurses in the UK, where 92.6 per cent correctly identified 'every three years' as the recommendation for cervical screening for women who have received negative results for both cytology and HPV testing.


Nurses' discussions with patients about the importance of early cancer

diagnosis via screening also differed enormously across the globe. For countries without organised cancer screening programmes a patient's decision to participate in screening is often influenced by recommendations from primary care professionals. In the UK a high proportion of nurses routinely promoted cervical screening (91.6 per cent) and provided information about its benefits (87.4 per cent), with less than 10 per cent of nurses holding such discussions in Jordan, Oman and Brazil. Reasons for not having such discussions included lack of time (83.9 per cent), professional burnout (54 per cent) and lack of knowledge about screening (42.2 per cent).

Lead author Hanna Skrobanski from the School of Health Sciences at the University of Surrey said: "Cancer is the second leading cause of deaths worldwide, responsible for one in six deaths globally. Early diagnosis is key and nurses play an important role in recognising and responding to cancer warning signs in patients."

"However, it is concerning that knowledge amongst nurses of warning signs and screening varies enormously across the globe. Lack of knowledge in certain countries could lead to a delay in patients accessing treatment and result in unnecessary deaths."

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NURSE TALK



My wife owns some convenience stores and they serve Hunt Brothers Pizza. I'd have pepperoni.



Cory Williamson, RN

Probably my dad's breakfast - biscuits and gravy, bacon and scrambled eggs.



Asher Reed, RN

What would you want for your last meal on Earth?

INTEGRIS

Integris Canadian Valley Hospital
Med/Surg & Intermediate Care

I'll go with steak for some high protein to sustain me.



Amanda Hogan, RN

Fried catfish with spicy tartar sauce.



Carey Ellis, HUC

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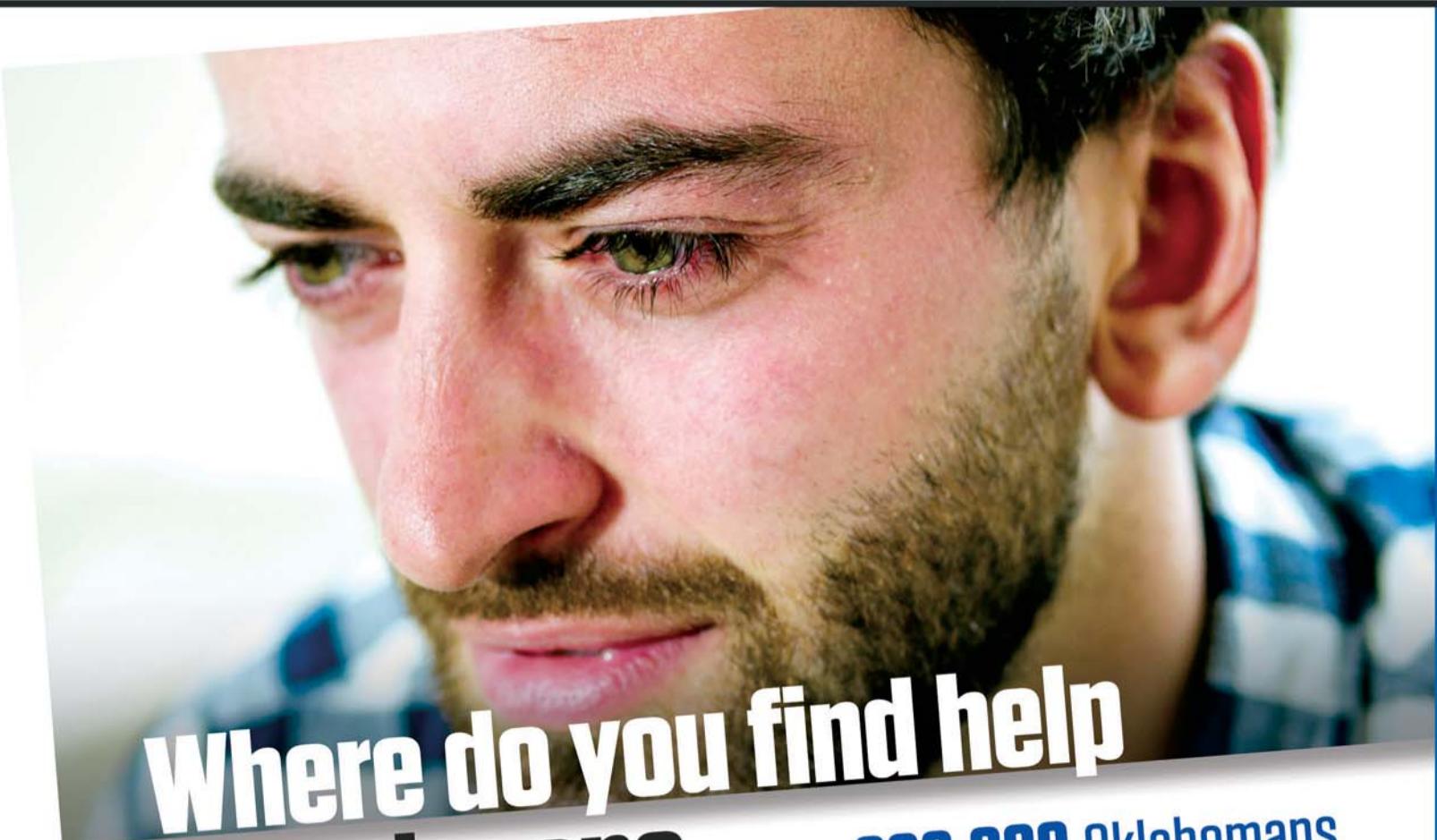
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