

## It's Not a Job, It's a Life



Tami McMichael is a Pediatric Nurse Practitioner at The Children's Center Rehabilitation Hospital in Bethany, OK. Tami's positive personality and bright smile are encouraging to all.

by Vickie Jenkins, Staff Writer

Working at the Children's Center Rehabilitation Hospital, you will find Tami McMichael, Pediatric Nurse Practitioner.

Tami has been a nurse for 29 years and can't imagine doing anything else with her life. Soft-spoken yet strong words of encouragement are heard to those around her as she speaks with ease as her words seem to flow.

Tami is an encouraging individual who set her goals high and reached them. Starting out as a Nursing Assistant at the Children's

Center Rehabilitation Center, Tami's world was full of new beginnings. That was 29 years ago. Now, 2018, she is known as Tami McMichael, APRN, CPNP in Acute and Primary care as she cares for the children. Tami received her Master of Science, Pediatric Nurse Practitioner Program from OU and her Bachelor of Science in Nursing from OU.

Tami's Professional Affiliations include: Fellow of the American Academy for Cerebral Palsy and Developmental Medicine, National Association of Pediatric Nurse Practitioners

See McMICHAEL Page 2

## House calls Nurse candidate speaks out



Thousands of Oklahomans could lose health care coverage if the state's Medicaid waiver is approved. Devyn Denton, BSN, RN, who is running for House District 39, says this is bad policy.

by Bobby Anderson, RN, Staff Writer

Thousands of Oklahomans could lose health coverage if the state's Medicaid program waiver request is granted by the federal government.

Oklahoma is asking the federal government for permission to cut off Oklahoma parents and caretakers who don't report working enough hours every week.

Devyn Denton, BSN, RN, who is running for House District 39 in Edmond, says this could be catastrophic for Oklahoma families.

"This waiver has the potential to negatively impact health coverage for working families

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## McMICHAEL

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and Oklahoma Chapter of the National Association of Pediatric Nurse Practitioners.

I asked Tami what qualities make a good nurse. "I think a nurse should have compassion, good intuition, and intelligence and have a deep desire to help and serve others," she replied. "To be a good nurse, they need plenty of patience and flexibility," she added.

Through the years, determination has played an important part of Tami's life. Tami's accomplishments started at a young age and continue to grow even to this day. When Tami was 9 years old, she was winning 4H contests by speaking to large groups. In high school and college, she was a track and field athlete, was on the drill team in the rodeo, did medical mission work in South America 3 times, and in Romania and did mission work with Athletes in Action. Tami's life stays busy with work but she always makes sure

to spend quality time with her husband and 13 year old daughter, not to forget her pets; 3 dogs and 2 cats.

Tami has fond memories of her god-mother, Betty Baker. "My god-mother was the one that taught me how to ride a horse, participate in rodeos and taught me how to speak in front of crowds," Tami commented. I remember doing plays, etc. in school and the feeling of being so scared when it was my turn to be the center of attention, all I wanted to do was cry! Suddenly, my god-mother would give me a push onto the stage. For some reason, I would stop crying and do a great job, as if a you-can-do-it-button had been turned on! I am so thankful that she did that to me. That was a big part of who I am today," Tami said "I am so grateful to everyone here at The Children's Center Rehabilitation Hospital. Since 1989, the staff, the nurses and the administration have supported me."

"I remember the exact day when I knew that I wanted to continue to be a nurse for children.

I was working at The Children's Center, night shift, taking care of a little girl. She looked about 6 or 7 years old. As I began to feed her through a feeding tube, it was then that I realized how fortunate I was. Here she was, lying in bed, and she couldn't walk, or talk or play. That is when I saw the date on the identity card at the end of the bed. She was the same age as

me. From then on, I knew that I wanted to be a nurse for children, helping in any way that I could. That was God calling me to care for children with special needs, and I am so glad He did," Tami said.

Tami's daily words to live by? The joy of the Lord is my strength. Summing it up, I asked Tami to describe herself in one word. Tami answered, "Blessed."

## SSM Health St. Anthony Receives Quality Achievement Award

SSM Health St. Anthony Hospital recently received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Silver Plus Quality Achievement Award. The award recognizes the hospital's commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

SSM Health St. Anthony Hospital - Oklahoma City earned the award by meeting specific quality achievement measures for the diagnosis and treatment of stroke patients at a set level for a designated period. These measures include evaluation of the proper use of medications and other stroke treatments aligned with the most up-to-date, evidence-based guidelines with the goal of speeding recovery and reducing death and disability for stroke patients. Before discharge, patients should also receive education on managing their health, get a follow-up visit scheduled, as well as other care transition interventions.

"SSM Health St. Anthony is dedicated to improving the quality of care for our stroke patients by implementing the American Heart Association's Get With The Guidelines-Stroke initiative," said Tammy Powell, president of SSM Health St. Anthony Hospital. "The tools and resources provided help us track and measure our success in meeting evidenced-based clinical guidelines developed to improve patient outcomes."

SSM Health St. Anthony additionally received the association's Target StrokeSM Honor Roll award. To qualify for this recognition, hospitals must meet quality measures developed to reduce the time between the patient's arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA, the only drug approved by the U.S. Food and Drug Administration to treat ischemic stroke.

"We are pleased to recognize SSM Health St. Anthony Hospital for their commitment to stroke care," said Eric E. Smith, M.D., national chairman of the Get With The Guidelines Steering Committee and an associate professor of neurology at the University of Calgary in Alberta, Canada. "Research has shown that hospitals adhering to clinical measures through the Get With The Guidelines quality improvement initiative can often see fewer readmissions and lower mortality rates."

According to the American Heart Association/American Stroke Association, stroke is the No. 5 cause of death and a leading cause of adult disability in the United States. On average, someone in the U.S. suffers a stroke every 40 seconds and nearly 795,000 people suffer a new or recurrent stroke each year.

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## DENTON

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and Oklahomans on fixed incomes," Denton said. "Between unassigned administrative costs for any additional program hurdles and the unaddressed chronic conditions that may prevent many medicare-eligible Oklahomans from working, this policy could remove healthcare from families and lead to a backlogged health care system further down the line."

As a registered nurse, Denton says she has a passion for the health of all Oklahomans.

"Oklahoma is already making great strides to improving health with tobacco cessation programs statewide, and improving walkability across the state," she said. "I hope to see both of these initiatives continue. In addition, increasing prenatal care and improving care for older Oklahomans on fixed incomes will improve health care outcomes throughout the lives of all Oklahomans and their families."

A draft of Oklahoma's plan became available for public comment for 60 days on July 3.

According to the non-partisan Oklahoma Policy Institute, the proposal creates serious problems for Oklahoma

families, with or without jobs.

The Institute notes most non-elderly adult Medicaid enrollees work, but they have low-wage jobs that generally do not offer health insurance and are often unstable, with frequent job losses and work hours that can fluctuate sharply from month to month. As a result, many working parents would be at risk of losing coverage for one or more months under this proposal.

Furthermore, The Institute claims the proposal shows little regard for what happens if parents work themselves into the coverage crater by earning more than 46 percent of the federal poverty level (about \$630 per month for a single mother with one child).

SoonerCare already cuts off at this income, which is only slightly above minimum wage for some families. Under this proposal, parents face a Catch-22. If they manage to work the hours needed to stay on SoonerCare, they would make too much to remain covered — even though they are still earning far below the poverty level. When that happens, they may not have other options to keep the health coverage they need.

This proposal would cut health coverage for people who don't or can't

follow its rules, with catastrophic effects for entire families.

Oklahoma's uninsured rate is already among the highest in the US, and losing health coverage can be catastrophic for the working families who use SoonerCare to get a checkup, control a chronic condition, treat mental illness, and more.

The purpose of SoonerCare is to provide access to health coverage for low-income Oklahoma families.

Denton says she's running for the Oklahoma Legislature to make sure Oklahomans have a voice in these types of decisions.

"My background in medicine not only provides me with the institutional knowledge of the effects of legislation, it also has cemented in me an instinctual compassion through which I view the world around me," Denton said. "I have experienced firsthand the physical side effects of poverty, the inaccessibility facing rural communities, and the very real struggle of insurance premiums on working families. All of these strengths have emboldened me to create a culture of service and care at the State Capitol."

Denton will face the winner of the Aug. 28 Republican runoff on

Tuesday, November 6.

"My neighbors and constituents want a leader they can trust to have their interests in mind, who leads with a servant's heart to ensure the welfare of all Oklahomans is considered in making policy decisions," she said. "Our constituents care about education, health care, and sensible infrastructure management. Addressing these core issues goes a long way in ensuring a bright future for Edmond and Oklahoma."

Denton grew up in rural Oklahoma, attended school in Tahlequah before pursuing her college degree at UCO. She grew up in a family of educators and military service members.

She now works as a nurse within the community and is the founder of a nonprofit serving those who serve our community.

Denton formed Operation Nurses Helping Nurses after witnessing the impact of a tornado in May 2013.

That organization has reached out numerous times during natural disasters in our state and man-made tragedies such as shootings in other states.

For more information you can visit her web site [devyn4ok.com](http://devyn4ok.com).

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# OBU's Jackson Selected for National Nursing Leadership Program

by Kenny Day

Dr. Nichole Jackson, assistant professor of nursing and College of Nursing simulation director at Oklahoma Baptist University, was recently selected by the National League for Nursing (NLN) to participate in a selective faculty leadership development program.

The year-long leadership development program for simulation educators is one of three tracks in the NLN Leadership Institute, an initiative of the NLN Center

for Transformative Leadership. The simulation faculty leadership development initiative, now in its eighth year, is designed for those interested in assuming a leadership role in the research or administration of simulation programs in nursing education.

Dr. Lepaine McHenry, dean of OBU's College of Nursing, looks forward to the impact the NLN program will have on OBU's nursing simulation education.

"As we move toward accrediting our simulation center, it is

critical that our leadership be knowledgeable of cutting edge research in nursing simulation education," she said. "This opportunity with the NLN leadership development for simulation educators will further prepare Dr. Jackson to move us forward and become a leader in nursing simulation in the state and beyond."

Jackson joined the OBU faculty in 2015 as an assistant professor of nursing and the College of Nursing simulation director. She earned a Doctor of Nursing Practice from Duquesne University in 2015, after completing both her Bachelor of Science in Nursing and Master of Science in Nursing from OBU in 2007 and 2011 respectively. Her professional experience includes hospital nursing practice, undergraduate education and cross-cultural mission nursing.

Jackson is a Certified Nurse Educator, which is a mark of excellence in the field of nursing education. In 2014, she was awarded a teaching excellence award for outstanding commitment to students and expertise, creativity and leadership in the classroom

and beyond.

Jackson is excited to develop as a leader in simulation education.

"Being a part of the NLN simulation leadership program is something that will not only advance my personal knowledge and abilities but will also allow me to further invest in the nursing program at OBU in the area of both simulation and leadership," she said. "In addition to this program's contribution to my OBU related role, it will open up national networking opportunities for me and the OBU College of Nursing, which will allow us to remain up to date as changes occur in simulation-related education."

To expand the science of nursing education while developing their personal leadership portfolios, participants in the program spend time engaged in various activities that examine key issues related to simulation, then focus their efforts on an area of their choice.

Throughout the year, these simulation educators will be immersed in leadership development webinars, exchange ideas and

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Dr. Nichole Jackson (pictured, white lab coat) works with students in one of Oklahoma Baptist University's high-tech simulation labs inside Stavros Hall, home to the College of Nursing. Jackson

## OBU

Continued from Page 4

practices, review scholarly research, visit simulation centers, consult with Laerdal Medical Corp. on equipment issues, contribute to a group project and attend professional conferences.

For more information about the College of Nursing at OBU, visit [www.okbu.edu/nursing](http://www.okbu.edu/nursing).

With its campus in Shawnee, and locations in Oklahoma City and Broken Arrow, OBU offers 10 bachelor's degrees with 88 fields of study and five master's degree programs. The Christian liberal arts university has an overall enrollment of 2,093, with students from 37

states and 40 other countries. OBU has been rated as one of the top 10 regional colleges in the West by U.S. News and World Report for 26 consecutive years and has been Oklahoma's highest rated regional college in the U.S. News rankings for 24 consecutive years. OBU is one of three universities in Oklahoma and the only private Oklahoma university listed on Great Value College's rankings of 50 Great Affordable Colleges in the Midwest. Forbes.com consistently ranks OBU as a top university in Oklahoma and the Princeton Review has named OBU one of the best colleges and universities in the western United States for 13 consecutive years.

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## Kevin L. Lewis Named Regional President of SSM Health Medical Group

Kevin L. Lewis, MD, has recently been named Regional President of the SSM Health Medical Group.

Dr. Lewis returns to SSM Health Oklahoma to resume the role he held previously from April, 2016 to June, 2017 as Regional President of the SSM Health Medical Group. Dr. Lewis will be responsible for the growth and management of physician practices, as well as post-acute and ambulatory operations across the system. Lewis comes to SSM Health St. Anthony from the multi-hospital Parkridge Health System based in Chattanooga, Tenn., where he was Chief Medical Officer. He received his medical degree from the University of Texas Health Science Center at San Antonio



Kevin L. Lewis, MD, Regional President of the SSM Health Medical Group

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- Registered Nurse - (RNO, FT, 7p-7a, NICU (711693)
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#### 204 REGISTERED NURSE

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**We are looking for a Part time position for a Registered Nurse**  
 at our South Tulsa office location. Must be able to start I.V.s. No weekends. Great work environment. Background check and drug testing before hiring. Kelly Medical Building, 6565 South Yale Ave, Tulsa, OK 74136

#### 204 REGISTERED NURSE

**We are seeking Full-time experienced Registered Nurse.**

MacArthur Park Home Health, Shawnee, Oklahoma is seeking a **Full-time Registered Nurse.** Responsibilities include direct patient care, provide treatments, follow plan of care, and work collaboratively with members of the team to meet positive home care outcomes of our patients. Must be currently licensed as an Registered Nurse in the State. One year nursing experience in community health/home health/hospice experience, preferred. Salary is commensurate with education and experience. 120 West MacArthur Street, #130, Shawnee, Oklahoma 74804

**We are seeking a Full-time Registered Nurse.**

MacArthur Park Home Health, Shawnee, OK, is seeking a **FT RN.** Responsibilities include direct patient care, provide treatments, follow plan of care, and work collaboratively with members of the team to meet positive home care outcomes of our patients. Must be currently licensed as an RN in the State. One year nursing experience in community health/home health/hospice experience, preferred. Salary is commensurate w/education and exp. 120 W MacArthur St #130, Shawnee, OK 74804

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#### 204 REGISTERED NURSE

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# AAN and ANA Statement on U.S. Opposition to Resolution on Breastfeeding

*Breastfeeding Saves the Lives of Children and Mothers*

The American Academy of Nursing (Academy) and the American Nurses Association (ANA) decry the attempt by the United States Delegation to the World Health Assembly (WHA) to use strong-arm tactics to undermine global efforts supporting and promoting breastfeeding.

Human milk is inarguably a life-saving medical intervention. As reported in a 2016 study published by The Lancet, breastfeeding could save the lives of 823,000 children and 20,000 mothers each year. Human milk and breastfeeding are critical for infant and child health, as well as for the health of mothers. Professional organizations worldwide recommend exclusive human milk/breastfeeding for the first 6 months of life and continued breastfeeding for the first year and beyond.

Globally, too few women are able to meet the recommended exclusive human milk feedings for the first six months which in turn means many women are not able to breastfeed for one year or two years as recommended by the World Health Organization. Families worldwide deserve the right to evidence-based lactation care and education.

"The Academy has long-endorsed human milk and breastfeeding as the preferred method of infant feeding, and our own Expert Panel on Breastfeeding is in agreement with the evidence-based consensus among public health professionals that breastmilk is the healthiest option for babies," said Academy President Karen Cox, PhD, RN, FAAN. "While access to formula for women who, for a variety of reasons, are unable to breastfeed is important, we find it irresponsible for any government to oppose a resolution which promotes affordable, basic nutrition that is the best for infants and young children."

"The health benefits of breast milk for children are unparalleled. Additionally, women who breastfeed experience a lower risk of breast cancer, depression and other diseases," said ANA President Pamela F. Cipriano, PhD, RN, NEA-BC, FAAN. "For decades, international and national health care organizations have worked to educate women about the benefits of and reduce the barriers to breastfeeding. It is unconscionable that any government would act in opposition to these goals."

Despite the undisputed benefits of breastfeeding, the United States delegation to the WHA opposed two provisions of the breastfeeding resolution. The first opposed provision urged member states to protect, support, and promote breastfeeding; the second opposed provision urged member states to continue to implement the recommendations of WHO's International Code of Marketing of Breast-milk Substitutes to end inappropriate promotion of foods for infants and young children.

Ultimately, the U.S. delegation signed on to the resolution, but not before successfully eliminating the provision to end inappropriate promotion of foods for infants and children. Contrary to U.S. claims that the issue surrounding the elimination of the 'inappropriate promotion of foods' provision was to ensure women who are unable to breastfeed are equally supported with information and access to alternatives for themselves and their babies, the resolution in no way restricted access to formula and, in fact, already included a separate provision promoting the timely and adequate complementary feeding of the non-breastfed child between 6 and 24 months of age. As evidenced by the language of the eliminated provision, its aim was to end "inappropriate"

promotion of foods for infants and children, not the availability of alternatives for women who are unable to breastfeed.

The American Academy of Nursing and the American Nurses Association

urge the Administration to fully support, protect, and promote breastfeeding, nationally and internationally, so that all infants, children, and mothers may receive the undisputed life-saving benefits that breastfeeding provides

## OK AIDS Care Fund Awards \$120,000 in Grants for HIV/AIDS Services

The Oklahoma AIDS Care Fund board of directors recently approved \$120,000 in grants to 13 nonprofit organizations providing HIV/AIDS prevention, education, testing, and social services in the state of Oklahoma.

This year's funding priorities were focused on reducing new HIV transmissions and AIDS-related deaths. Oklahoma is still one of 10 southern states experiencing an HIV/AIDS epidemic with an estimated 6,000 Oklahomans currently living with HIV. Last year, 90 Oklahomans died of AIDS-related complications and nearly 300 individuals were newly diagnosed and linked to care. Of these, 80 percent are still engaged in care and have a suppressed viral load. However, lifetime medical costs for a person living with HIV are more than \$350,000 and extend well beyond the medical domain, including social services, housing, patient time, lost productivity, and physical and emotional distress to patients and their families.

"The programs supported by the Red Tie Night gala are extremely important in addressing the public health issue of HIV and AIDS in Oklahoma," said Paula Love, President of the Oklahoma AIDS Care Fund. "Without these vital services for prevention and care, far more new HIV transmissions and AIDS-related deaths would occur. Investing in HIV prevention and protecting the health of Oklahomans is our top priority."

**The following grants were awarded:**

**Be the Change:** funding for the OACF Youth Impact Project that provides evidence-based curriculum for HIV prevention among youth and young adults who are homeless, at risk of homelessness or are otherwise marginalized who are engaged in

Injection Drug Use (IDU).

**Expressions Community Center:** to offset the costs of rent and utilities for an HIV/STI case management office.

**Grateful Day:** to cover the operational costs and provide scholarships for the 2018 HIV Wellness Retreat. The Retreat provides healing arts, therapies, and workshops focusing on advances in treatment and care. The retreat is designed to foster community with people living with HIV and to help educate them on nutrition, new medications and public services available.

**Guiding Right:** to provide linkage to medical treatment, HIV Prevention Education and Risk Reduction services for individuals newly and previously diagnosed as HIV-positive in Tulsa and to provide Medical Nutrition Therapy (MNT) with the use of farmers market days in Oklahoma City.

**HeartLine:** to support ongoing operations of the Heartline 2-1-1 program and service related to the HIV/AIDS and LGBT communities.

**H.O.P.E.:** to support IMPACT program that addresses the challenges of anonymous testing and treatment in rural communities and meets clients when and where it is most convenient including via online dating sites, social media and other nonconventional outreach measure.

**Latino Community Development Agency:** to support the HIV/AIDS prevention program targeted to under-served, uninsured high-risk communities in Central Oklahoma. Funding will allow the HIV prevention program to continue offering education, counseling and testing to the high-risk youth community for HIV in Central Oklahoma. Education will be conducted to young adults, children, and Hispanic parents; with an emphasis oriented to

See GRANTS page 10



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[www.caddokiowa.com](http://www.caddokiowa.com) Ft. Cobb Ph: 405-643-5511 Ext 263

## Canadian Valley Tech. Center

[www.cvtech.org](http://www.cvtech.org)  
1. El Reno Campus Ph: 405-422-2341  
2. Chickasha Campus Ph: 405-222-7592

## Central Technology Center

[www.ctechok.org](http://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](http://www.chisholmtrail.com) Ph: 405-729-8324

## Francis Tuttle Tech. Center

[www.francistuttle.com](http://www.francistuttle.com) Oklahoma City Ph: 405-717-4382

## Gordon Cooper Tech. Center

[www.gctech.org](http://www.gctech.org)  
Shawnee Ph: 405-273-7493 Ext 291

## Great Plains Technology Center

[www.gptech.org](http://www.gptech.org)  
1. Lawton Campus Ph: 580-250-5595  
2. Frederick Campus Ph: 580-335-5525

## Green Country Technology

[www.gctc.ok.com](http://www.gctc.ok.com) Okmulgee Ph: 918-758-0840 Ext 246

## High Plains Technology Center

[www.hptc.net](http://www.hptc.net) Woodward Ph: 580-571-6159

## Indian Capital Tech Center

[www.icavts.tec.ok.us](http://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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1. Antlers Campus Ph: 580-298-6354  
2. Atoka Campus Ph: 580-889-7321  
3. Durant Campus Ph: 580-924-7081  
4. Hugo Campus Ph: 580-326-6491  
5. McAlester Campus Ph: 918-426-0940  
6. Idabel Campus (McCurain) Ph: 580-286-7555  
7. Poteau Campus Ph: 918-647-4526  
8. Stigler Campus Ph: 918-967-2801  
9. Tahlequah Campus Ph: 918-567-2264

## Meridian Technology Center

[www.meridian-technology.com](http://www.meridian-technology.com) Stillwater, OK 74074  
Ph: 405-377-3333 Ext 324

## Metro Technology Center

[www.metrotech.org](http://www.metrotech.org) Oklahoma City Ph: 405-605-4610

## Mid-America Technology Center

[www.matech.org](http://www.matech.org)  
Wayne Ph: 405-449-3391 Ext 265

## Mid-Del Lewis Eubanks Technology Center

[www.mid-del.tec.ok.us](http://www.mid-del.tec.ok.us) Midwest City Ph: 405-739-1713

## Moore Norman Technology Center

[www.mntechology.com](http://www.mntechology.com) Norman Ph: 405-364-5763 Ext 7349

## Northeast Technology Centers

[www.netechcenters.com](http://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](http://www.nwtech.edu)  
Alva Ph: 580-327-0344

## Pioneer Technology Center

[www.pioneertech.org](http://www.pioneertech.org)  
Ponca City Ph: 580-762-8336 Ext 251

Platt College [www.plattcollege.org](http://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](http://www.pontotoc.com) Ada Ph: 580-310-2258

## Red River Technology Center

[www.redriver.tec.ok.us](http://www.redriver.tec.ok.us)  
Duncan Ph: 580-255-2903 Ext 237

## Southern Okla. Tech. Center

[www.sotc.org](http://www.sotc.org)  
Ardmore Ph: 580-223-2070 Ext 239

## Southwest Technology Center

[www.swtc.org](http://www.swtc.org)  
Altus Ph: 580-477-2250 Ext 257

## Tri County Technology Center

[www.tctc.org](http://www.tctc.org)  
Bartlesville Ph: 918-331-3223

Tulsa Tech, HSC [www.tulsatech.com](http://www.tulsatech.com)

Tulsa Ph: 918-828-5000/828-1043

## Western Technology Center

[www.wtc.tec.ok.us](http://www.wtc.tec.ok.us)  
Burns Flat Ph: 580-562-3181 Ext 2264

## Wes Watkins Technology Center

[www.wwtech.org](http://www.wwtech.org)  
Wetumka Ph: 405-452-5500 Ext 277

## REGISTERED NURSING PROGRAMS

## Carl Albert State College

[www.carlalbert.edu](http://www.carlalbert.edu)  
1. Poteau Campus Phone: 918-647-1350-1355  
2. Sallisaw Campus Phone: 918-775-6977

## Connors State College

[www.connorsstate.edu](http://www.connorsstate.edu)  
Muskogee Campus Phone: 918-684-5436

## Eastern Oklahoma State College

[www.eosc.edu](http://www.eosc.edu)  
1. Wilburton Campus Phone: 918-465-2361

ext. 796

2. Idabel Campus Phone: 580-286-9431  
3. McAlester Campus Phone: 918-302-3607

Murray State College [www.mscc.edu](http://www.mscc.edu)

1. Tishomingo Campus Phone: 580-371-2371 ext. 337  
2. Internet-Based Campus Tishomingo Phone: 580-371-2371 ext. 337

## Northeastern OK A&amp;M College

[www.neo.edu](http://www.neo.edu)  
Miami Phone: 918-540-6312

Northern Oklahoma College [www.noc.edu](http://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](http://www.okc.cc.ok.us) Oklahoma City Phone: 405-682-7507

## Oklahoma State University

[www.osuokc.edu](http://www.osuokc.edu)  
Oklahoma City Phone: 405-945-3295

## OSU Institute of Technology Okmulgee

[www.osuit.edu](http://www.osuit.edu) Phone: 918-293-5337

## Redlands Community College

[www.redlandsc.edu](http://www.redlandsc.edu) El Reno Phone: 405-422-1262

Rogers State University [www.rsu.edu](http://www.rsu.edu)

1. Claremore Campus Phone: 918-343-7635  
2. Bartlesville Campus Phone: 918-338-8000

Rose State College [www.rose.edu](http://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](http://www.ssc.cc.ok.us)

Phone: 405-382-9205

Tulsa Community College [www.tulsacc.edu](http://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](http://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](http://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](http://www.lunet.edu)

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

## Northwestern OK State Univ.

[www.nwsu.edu](http://www.nwsu.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](http://www.okbu.edu)  
Shawnee Ph: 405-878-2081

## Oklahoma Christian University

[www.oc.edu](http://www.oc.edu)  
Oklahoma City Ph: 405-425-5000

## Oklahoma City University Kramer School of Nursing

[www.okcu.edu](http://www.okcu.edu)  
1. Oklahoma City Campus Ph: 405-208-5900  
2. Duncan Campus Ph: 405-208-5900

## Oklahoma Wesleyan University

[www.okwu.edu](http://www.okwu.edu)  
Bartlesville Ph: 918-335-6276

Oral Roberts University [www.oru.edu](http://www.oru.edu)

Tulsa Ph: 918-495-6198

Rogers State University [www.rsu.edu](http://www.rsu.edu)

1. Claremore Campus Phone: 918-343-7635  
2. Bartlesville Campus Phone: 918-338-8000

## Southern Nazarene University

[www.snu.edu](http://www.snu.edu)  
Bethany Ph: 405-491-6610

## Southwestern OK State Univ.

[www.swosu.edu](http://www.swosu.edu)  
Weatherford Ph: 580-774-3261

## University of Central Oklahoma

[www.uco.edu](http://www.uco.edu)  
Edmond Ph: 405-974-5000

University of Oklahoma [www.ouhsc.edu](http://www.ouhsc.edu)

1. Oklahoma City Campus Ph: 405-271-2428  
2. Tulsa Campus Ph: 918-660-3950  
3. Lawton Campus Ph: 580-591-8094

## The University of Tulsa

[www.cab.utulsa.edu](http://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](http://www.bacone.edu) Muskogee Ph: 918-781-7325

Northeastern State Univ. [www.nsuok.edu](http://www.nsuok.edu)

Muskogee Ph: 918-781-5410

## Oklahoma Panhandle State Univ.

[www.opsu.edu](http://www.opsu.edu) Goodwell Ph: 580-349-2611 Ext 269

University of Phoenix [www.phoenix.edu](http://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



## GRANTS

Continued from Page 8

LGBTQ youth in our community.

**MAMA Knows:** to support HIV counseling, testing and referral program; continue the condom distribution program in southern Oklahoma; provide culturally relevant support services and education to the constituents, especially black and American Indian/Alaskan natives in and around southern Oklahoma and throughout our state through outreach; implementation of ARTAS linkage to care program.

**NorthCare:** to support of the Q Space, providing LGBTQ youth at risk for HIV/STD infection and/or coping with infection a specific space for support, psychoeducation, and referrals for services and testing.

**Other Options:** to provide food, nutritional support, resources and services to people living with HIV/AIDS and or other debilitating terminally ill diseases or disabilities in the state of Oklahoma.

**OU Foundation:** to underwrite transportation costs for HIV-positive children, as well as School of Community Medicine physicians who serve as chaperones for children to Camp Hope in summer 2019.

Camp Hope is a camp for HIV-positive children where all additional costs, including registration, are underwritten by the AIDS Foundation of Houston.

**RAIN:** to support expansion of prevention education, support for non-reimbursed case management, supportive services and urgent client needs which are unavailable through other resources.

**Teen emPower!:** to provide personal experience presentations by those living with HIV and STI/HIV Prevention Lessons for eighth-grade students within the schools they teach sexual health education classes.

Since its inception in 1991, the Oklahoma AIDS Care Fund has awarded more than \$12.5 million for HIV/AIDS services across Oklahoma. One hundred percent of the proceeds of the Oklahoma AIDS Care Fund's annual gala, Red Tie Night, make this possible. To learn more about the Oklahoma AIDS Care Fund and Red Tie Night, please visit [www.okaidscafund.com](http://www.okaidscafund.com).



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*If you would like to send a question to Vicki, email us at [news@okcnursingtimes.com](mailto:news@okcnursingtimes.com)*

**Q. I am in a health care management position. I am female. I recently had a person (female) categorize me as "mean," I thought I was being "assertive." She said she liked it when I worked because I would confront the problem. So here are my questions, "Why are women so afraid of using their voices and how did assertive look like mean?"**

A. Managers who want to be affective at their jobs need to be assertive. It is a required skill. If you don't have it please rethink applying for that management position. Also don't apply if you are mean or need to micro-manage your employees.

It is interesting that this younger female found her manager to be "mean." Women are either not being educated on the necessity of assertiveness or they are afraid to do it.

Has anyone heard the following:

When men say NO, that is the end of the conversation.

When women say NO that is the beginning of negotiation.

As a manager, NO is sometimes necessary. It is what it is. No you cannot do that, no that will not work, no you can't take off. But a good manager knows how to deliver with assertiveness and resolve the issue.

The workplace runs much smoother if a manager really knows how to "manage." Be assertive when you see something that needs to be addressed and please listen to issues that your employees bring to you. Don't burn out exceptional employees because you do not take action.

All employees need to be working. Everyone is getting paid to WORK, not just SHOW UP. Take care of problems as they are developing. Remember that you are the MANAGER, that means manage. Let your employees see that you are assertive and concerned; you will earn their respect.

You may not always be popular, sometimes people may not like your decisions. Have an explanation that makes sense. One of the biggest complaints heard about ineffective managers is to deny a request for time off with a ridiculous explanation. When employees request time off and they are told NO, have a legitimate reason.

Being a manager requires assertiveness, not meanness. A female who uses her voice with direct assertiveness in an attempt to problem solve and create a positive work environment will be appreciated.





# NURSE + TALK

Read what other health care professionals have to say...

*What's your favorite way to cool down on a hot summer day? Norman Regional Moore ER*

Believe it or not I still might be outside. I like to work on my gardening and be outside as much as I can be.



Kris Van Ness, RN

My family has a lake house at Lake Tenkiller and I have three boys so we like to tube and ride on the boat.



Sheila Monson, RN

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

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Mustang, Ok. 73064

Staying in my apartment in the air conditioning playing on the computer.

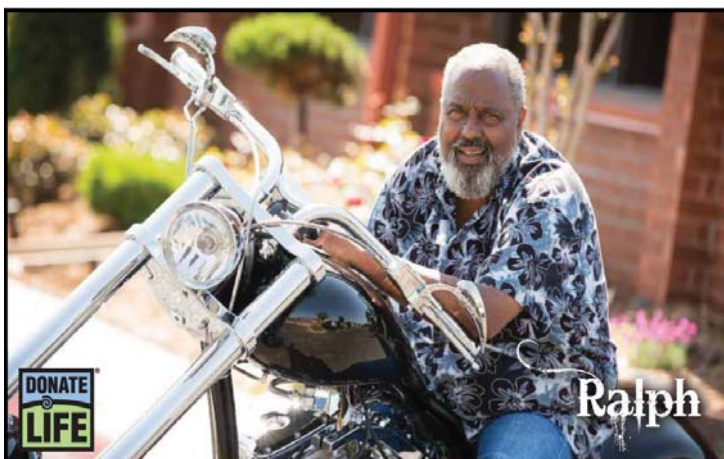


Angela Norris, RN

I go swimming with my kids. It's great family time.



Andrea Nicely, RN



Ralph

My name is Ralph and my story began in August 2004 when I was diagnosed with Cardiomyopathy. For years I was treated with medication but by 2010 my disease had progressed. I had a pacemaker/defibrillator implanted which saved my life on two or three occasions. By 2012 I had to have a heart pump and was told that the only way to prolong my life was to receive a heart transplant.

On October 14, 2012, just one week before my 62nd birthday, I received my new heart. Words cannot describe the feelings someone has when they get that phone call. Through the miracle gift of my heart transplant, I am able to continue my life with my wife and children.

There is not a day that goes by that I don't thank God and my donor for giving me another chance at life.

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](http://www.LifeShareRegistry.org). You may also call 800-826-LIFE (5433) and request a donor registration card.



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OCU pledges to recruit, select and promote diversity by providing equality of opportunity for all persons

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