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House Calls

NP *thrives on the road*



Richard Beevers, APRN, is providing care for people in their homes through DispatchHealth Mobile Urgent Care.

by Bobby Anderson, RN, Staff Writer

EMT. ER nurse. Flight nurse.

Throughout his nursing career, Richard Beevers, APRN, has thrived on the pace of change no matter how fast it comes at him.

And throughout his health care career, Beevers has always had his eye on what's coming next.

As health care continues to move outside

of the walls of the hospital, Beevers is again on the forefront of what's ahead - customized urgent care delivered to your door.

DispatchHealth is bringing house calls back in medicine with its urgent mobile care service.

Since coming to the metro area last year, DispatchHealth's service area has continued to grow.

See BEEVERS Page 3

The Children's Hospital completes picu expansion

The Childrens Hospital



The Children's Hospital held a grand opening celebration of its newly expanded Pediatric Intensive Care Unit (PICU), Friday, July 19.

The PICU expanded areas will open to patients on July 22. More than six years in the planning and implementation, the facility represents a \$27.5 million investment in improving quality of care for children throughout the state of Oklahoma and the surrounding region.

"I'm incredibly excited about this new facility," said Morris Gessouroun, M.D., chair of the Department of Pediatrics at the University of Oklahoma College of Medicine. "It has been highly anticipated and will dramatically improve our capacity to care for the children of Oklahoma in need of these high-intensity and high-tech services. This pediatric ICU will be the most modern and technologically advanced PICU in the state, while at the same time being the most family-friendly of any such care facility in Oklahoma."

Housed on the sixth floor of The Children's Hospital, the new PICU will have 34 non-cardiac intensive care unit beds, providing state-of-the-art care for seriously ill and injured kids up to 18 years of age. Previously, The Children's Hospital had 13 non-cardiac intensive care unit beds and 12 cardiac intensive care unit beds. Renovations to those existing 25 PICU beds will begin in the near future, modernizing the existing area to become the cardiac

See EXPANSION Page 2



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EXPANSION

Continued from Page 1

intensive care unit, thereby increasing the total intensive care unit beds at The Children's Hospital to 59.

"Increased capacity means more patients receive the care they need from the most skilled providers with great depth of experience," said Jon Hayes, president of The Children's Hospital. "We struggled at times to be able to care for the many patients who needed our services. Now we are able to better fulfill our mission - to take care of every child through our combined efforts."

Kendal Pinkston, chief operating officer of The Children's Hospital, described the variety of patients who receive care in the unit: "The newborn whose delivery and discharge were routine may become seriously ill; the middle-school student exposed to a respiratory virus; or the 18-year old whose accidental injury requires hospitalization - we have all the resources to meet these needs and more."

The range of conditions, illnesses and injuries treated at the PICU make it difficult to cite an "average" length of stay, but for some patients, treatment and recovery may be as lengthy as four months.

Beyond superb patient care, the facility and its staff focus on family-centered care, providing support for the practical and emotional needs of family members. All facets of the new PICU came together with families in mind. Deborah Browning, chief nursing officer at The Children's Hospital, explained that even during construction, a family advisory council previewed the expansion and offered recommendations based on first-hand experience.

"A great deal of attention has been paid to these spaces to make them not only highly functional, but comfortable and inviting," Browning said. "Private bathrooms, separate sleeping areas, places to watch TV - these are the kind of amenities that allow and encourage family members to take care of themselves when their

lives have been so disrupted."

One of the measures the PICU utilizes to ensure the highest quality care is the level of support provided to staff members. The Children's Hospital will be the first facility in the state to incorporate Schwartz Rounds for this purpose.

"The critical care environment offers both unique challenges and privileges for caregivers," Browning said. "Schwarz Rounds is a comprehensive system of caregiver support that preserves and protects the human connection in healthcare."

The strategic plan was exhaustive and complex, requiring relocation of several departments and services. Pinkston said the vision began to take shape in 2013, as leaders met to identify specific areas of need and discuss them in detail.

Staffing the expanded PICU was more than a routine recruitment effort. "Caregivers must be absolutely right for the position," Pinkston said. "An affinity for children is not enough. They must be committed to the care of the child, of course, but each adorable child is attached to a family unit and each family member deserves compassion and consideration."

The PICU offers these services and features, among others:

- 24/7 in-house, board-certified physicians with specific expertise in pediatric critical care medicine
- PICU-trained physical and respiratory therapists
- Family-centered approach to care includes private family spaces
- Family spaces within patient rooms
- Child life specialists with specific training for intensive care environments
- Advanced technologies including:
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BEEVERS

Continued from Page 1

June 2018 saw DispatchHealth partner with Blue Cross and Blue Shield, the region's health care leader to offer mobile urgent care services to BCBSOK members in Oklahoma City and the surrounding areas.

Together, BCBSOK and DispatchHealth are pioneering mobile health care to provide coordinated health care services, while improving access to high-value care. The service is available to BCBSOK members at in-network rates.

The level of service is unmatched.

For the same copay as an urgent care visit, DispatchHealth sends a nurse practitioner and medic along with supplies to a patient's door.

A patient's living room is their waiting room and they're spared from getting out and coming into contact with others.

Feedback has been tremendous for the company, which is following a structured growth model.

"We're getting back to house calls and a personal one-on-one

service," Beevers said.

"We may be doing the same things but just taking more time and listening more."

Beevers began his medical career as a medic in 1987.

He earned his nurse practitioner in 2011 following a stint in the ER.

Since then he's worked emergency medicine and weight management as an NP.

An ad for the DispatchHealth concept appealed to him.

"I love it," Beevers said. "This is so fun. I really didn't know what to expect."

As a medic, going into people's homes wasn't a foreign concept for Beevers. He was used to being wedged in between a couch and a sofa or trying to pull someone off the bathroom floor.

Not ideal, but he was accustomed to overcoming whatever obstacle he needed to rapidly administer lifesaving care.

It was during the ride-along that accompanied the DispatchHealth hiring process that Beevers quickly figured out these trips inside the home would be unlike anything he had done before.

"We have the time to sit there

and actually do a real visit," Beevers said. "It really opened my eyes - this was really cool."

The first call that day took Beevers inside the home of a family of four for a visit on a two-year-old.

"We did the evaluation and the kids were running around in their pajamas first thing on a Saturday morning," Beevers said. "OK, now I get it. This is awesome."

The time factor is the most rewarding part of his career change.

It was freeing. Two years ago during flu season, Beevers recalled how he and another provider saw 120 patients in 12 hours.

"That's not good medicine," he said. "I don't have time to really do a good evaluation. Here I have time to sit down and really before I do my evaluation I'm already developing a health history and doing a medicine reconciliation and that gives me a much broader picture of what's going on just in talking to them."

Being immersed in the patient's home environment is also invaluable in identifying challenges patients might have.

"I think it allows me to provide better care just having the training on both sides. And having our medics with us that's another set of eyes that allows us to get a better picture of what's going on," Beevers said.

Driving home during his first week on the job a realization hit him.

"This is why I got into medicine," Beevers remembers thinking. "I have the opportunity to make a contact with a patient, talk to them and problem solve. It's not just cookie-cutter medicine."

"That was it. I get a chance to connect with people and help them."

Two patients asked that same week if they could request Beevers each time they called. Another asked if he could be their primary care provider.

He had to admit, it felt pretty good.



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CAREERS IN NURSING

OH SNAP! ORTHOPAEDIC AND SPORTS SPECIALISTS

by Vickie Jenkins - Writer/Photographer

Orthopedic and Sports Specialist is where you will find Dr. Mark Kowalski, orthopedic surgeon, diagnosing and treating ailments affecting muscles, bones and joints, treating sports injuries, degenerative diseases, tumors, infections and birth defects. Meet Sonya Bishard, RN, who has been a nurse for twenty-two years; the last twenty years working for Dr. Kowalski. "I love my job here and I can't imagine doing anything else," she said.

Growing up in Geary, OK, Sonya knew from when she was a little girl that she wanted to be a nurse. "My mom was a nurse and at that time, I just knew that I would be a nurse too," she said with a smile.

"Geary, OK was a small place and I liked the feeling of that. I went to school at Redlands, in El Reno, OK for my pre-nursing and then attended OSUOKC for my nursing. After that, my first job was

at Saint Anthony's in the orthopedic unit. With a few years' experience in Orthopedics, I was excited to start a new job with Dr. Kowalski. I wanted to help people and make them feel better. I love working here. I get to interact with so many patients; getting to know the patients as much as I can when I check them in, forming a nice nurse/patient relationship. I also like doing the castings and splinting," she said. "You would be surprised at what I find when I remove some of those casts," she said with a laugh.

"Even after twenty years, working at Dr. Kowalski's office, it still gives me that small town feeling. Dr. Kowalski is a wonderful doctor. We have a lot of patients that have been with us for years, and others that we are seeing for the first time. We treat all of our patients equally, treating them with respect and dignity, like a big family. It could be because this

is not a big hospital or the fact that I grew up in Geary, OK. Either way, I love this job and I couldn't ask for a better place to work."

In asking Sonya to describe herself. "Oh gosh," she said. "Well, I am compassionate, caring, and I make sure to do my best and give it my all to make sure a job is done right. I am a hard worker," she answered.

If Sonya were to give advice to someone going into the medical field, she would tell them that it is hard work, but it is worth it at the end. "Besides that, nursing has so many different options that someone can choose from in the medical field; there are so many different options and areas that someone can work in and a nursing job will always be available. Of course, if someone is there encouraging you, it is very helpful. In my case it was a special nurse that had worked at Saint

Anthony's for years. That special nurse encouraged me the whole way. It was my mom. She loved her job too. She actually just retired and is going back to Saint Anthony's per diem. I think she misses it already," Sonya said.

Asking Sonya what qualities make a good nurse, she replied, "A nurse has to be caring and very compassionate. They need to be able to multi-task and be willing to work hard and they need to be organized."

Sonya's greatest reward from her job as a nurse is being able to help someone in their time of need. "I think one of the greatest feelings is when I see a patient that has been in before and they tell me how well they are doing. At that moment, their face lights up and it makes me feel good," she replied. "It is so

See BISHARD Page 5



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Sonya Bishard, RN works for Mark Kowalski, MD of Orthopaedic and Sports Specialists.

BISHARD

Continued from Page 4

nice to receive a compliment for just the little things; like being nice or making an effort to do your best."

Would you like to know a little information about Sonya? Sonya is married to her wonderful husband. She likes spending time with daughter, Cassie, and their faithful, good ole dog; a chocolate lab, Hershey. Sonya's hobbies include quilting and spending

as much time as she can at the lake (or at the ocean if the chance comes up.) "One of my favorite things I like to do is dancing. "It has to be country dancing though. I have loved that for years," Sonya said.

What are three words that describe you? "I would say, compassionate, caring and kind," she replied.

One word that describes Sonya's life would be? "FULFILLING," she

COBA to kick off National Breastfeeding Month highlighting Baby-Friendly Hospitals



August is National Breastfeeding Month, and for the Coalition of Oklahoma Breastfeeding Advocates (COBA) it's a 31-day opportunity to highlight breastfeeding advocacy issues in support of Oklahoma families.

Throughout the year, the statewide advocacy organization aims to tackle many misconceptions surrounding breastfeeding. And misconceptions abound.

A common fallacy about breastfeeding is that feeding a newborn comes naturally to mothers. In fact, it's a learned skill, and many babies are born in Oklahoma to mothers who have rarely or never seen a loved one breastfeed. Starting right after birth, there can be many barriers to establishing and maintaining a breastfeeding relationship.

According to the Centers for Disease Control and Prevention (CDC), 84% of U.S. mothers initiate breastfeeding, but less than 50% of those infants are still exclusively breastfed at three months of age, and only 25% at six months. "These rates suggest that mothers may not be getting the support they need from health care providers, family members, and employers to meet their breastfeeding goals," according to a statement on CDC.gov.

The international Baby-Friendly

Hospital Initiative (BFHI) is an effort by UNICEF and the World Health Organization to improve support for families from hospitals and health care providers during the first few days after childbirth. BFHI, begun in the early 90s, helps hospitals give families information, confidence, and skills needed to successfully initiate and continue breastfeeding or to safely feed with formula at the hospital and after discharge.

"Baby-Friendly Hospitals are better designed to help mothers succeed in breastfeeding after they leave the hospital," said COBA Chair Becky Mannel. "Often at non-BFHI institutions, families may be encouraged to utilize unnecessary equipment, told to supplement with formula when not medically necessary, and can often end up leaving the hospital with little or inconsistent information about how to feed their baby," she continued.

"Add to that lack of sleep, support, additional stress, and a new set of responsibilities, it's no wonder many women and families find breastfeeding extremely challenging," Mannel said.

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Youngest AFM Patient on Record Released from Hospital



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.

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at www.LifeShareRegistry.org. If you don't have a license or state ID card and do not have internet access, call **800-826-LIFE (5433)** and ask for a donor registration card.

LifeShare

Center, Opal Trimble was recently discharged from The Children's Center in Bethany. Opal is the youngest AFM patient on record.

Opal Trimble, the youngest diagnosed Acute Flaccid Myelitis (AFM) patient on record, was recently released from The Children's Center Rehabilitation Hospital.

According to The Centers for Disease Control and Prevention (CDC), AFM is a rare but serious condition.

It affects the nervous system, specifically the area of the spinal cord called gray matter, which causes the muscles and flexes in the body to become weak. The CDC estimates AFM syndrome occurs in one in a million people.

Opal was diagnosed with AFM in late February 2019. She was hospitalized in Oklahoma City before coming to The Children's Center Rehabilitation Hospital in April, where she focused on intensive rehabilitation.

When Opal first arrived at the Hospital she was on a ventilator that supported her breathing, and was unable to move her head, arms and legs. Within weeks the physicians at The Children's Center Rehabilitation Hospital were able to take Opal off the ventilator, and when she left the Hospital she was able to move her head, arms and legs on her own.

"As we prepare to discharge, we do so knowing we still have a long road ahead. But, looking back, we marvel and are so very humbled by how very far we have come," said Gretchen Trimble, Opal's mother.

Today Opal is home with her mom, dad, big brother and big sister, where she will continue her recovery.



the children's center
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*Students who have earned an Associates Degree in Nursing or an Associate of Applied Science in Nursing with a current/valid RN license are candidates for the ORU RN to BSN program.

Anna Vaughn College of Nursing is located at 7777 South Lewis Ave in Tulsa. For more information visit: www.oru.edu/academics/avcon or call 918-495-6165.

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There's still time to apply!
Spring B Session
 Monday, March 11
 ▶ **Deadline to enroll: Friday, March 8**
 Complete nursing courses in THREE semesters!

For more information or questions call, **918.495.6363!**

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INDUCTION 20

#VUSN #STTI20

COBA

Continued from Page 5

Baby-Friendly designated hospitals remove many barriers to families' reaching their infant feeding goals.

There are more than 500 Baby-Friendly designated hospitals across the nation, and nine of those are located in Oklahoma. For Hillcrest Medical Center, Tulsa's premier Baby-Friendly designated facility, achieving its designation was a significant achievement that took determination, collaboration and perseverance. Practices that seemed impossible to the hospital years ago are now standard due to the efforts of staff, providers and administrators.


"Nothing makes me happier than to talk with a mother who has come back after giving birth at our facility prior to our designation, and to have her say how much better her experience was with this birth at our Baby-Friendly hospital," describes Hillcrest nurse and COBA board member Cheryl Coleman.

COBA will kick off National Breastfeeding Month at its quarterly meeting on Saturday, August 3rd, from 11 a.m. to 1 p.m. The main event will include a presentation on

the Baby-Friendly Hospital Initiative by Integris Baptist Medical Center (IBMC) Nurse Manager Vicky Harter. The presentation will be followed by a myth-busting question and answer session with COBA members, mothers and attendees titled: "Is Baby-Friendly Mother-Hostile?"

At the meeting COBA will also recognize the nine designated Baby-Friendly Hospitals in Oklahoma including Chickasaw Nation Medical Center in Ada, Claremore Indian Hospital in Claremore, Integris Health Edmond, Comanche County Memorial Hospital in Lawton, Integris Baptist Medical Center in Oklahoma City, St. Anthony Hospital in Oklahoma City, Cherokee Nation W.W. Hastings Hospital in Tahlequah, Hillcrest Medical Center in Tulsa, and Integris Canadian Valley Hospital in Yukon.

The meeting is free, open to all and will include a short business meeting with highlights from COBA's recent strategic planning session. COBA will host the meeting at two in-person locations in OKC and Tulsa, as well as online via Google Hangout. Pizza and cake will be served. See "Events" on the okbreastfeeding.org home page for more information.



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TUESDAY, JULY 23

COME & GO FROM 4:30- 7:00PM

CAPITOL VIEW EVENT CENTER

5201 N. LINCOLN BLVD.

- HEAVY HORS D'OEUVRE
- CASH BAR
- DOOR PRIZES

*This event is being offered by invitation only. RSVP's must be received no later than Friday, July 19th. RSVP to Heather Parsons at okmarketingplus@gmail.com or call 405-664-4252 if you have questions.




10th Annual The Santa Market

Proceeds benefiting:

alzheimer's association®

(Donations Appreciated)

Sat, November 23rd

9am - 5pm

State Fair Park

(Pavilion Building)

Join the Fun with Festive Shopping!
Bring the Kids for Free Photos with SANTA!

Special Guest SANTA

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200 VENDORS!



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NURSE TALK



I usually do everything pretty quickly. My kryptonite would be I don't understand some people.



Kenny Dietrich, CNA

I usually keep the flow going but I hate staffing and late call-ins.



Sarah Ager, RN

What's your nursing superpower and/or your nursing kryptonite?

INTEGRIS

Integris Canadian Valley Hospital Medical/Surgical

I feel I'm very good at time management and empathy. My kryptonite is GI bleeds.



Shauna Lawrence, RN

I struggle with phlegm.



Kasey Yort, RN

MEMORY LOSS

FREE

DINNER EVENT

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

TOPICS INCLUDE:

- Top 6 threats to your brain
- The Alzheimer's gene and other hidden causes
- Why memory loss is not normal at any age
- How to find out if you're on the Alzheimer's spectrum and what to do next
- The breakthrough clinical approach to saving your brain

YOU SHOULD ATTEND IF YOU HAVE:

- A diagnosis of Cognitive Decline or Alzheimer's
- A family history of Alzheimer's Disease
- Memory Loss / Forgetfulness
- Problems finding words
- The desire to reverse Cognitive Decline and Alzheimer's Disease

***FREE ADMISSION & FREE GOURMET MEAL**

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

TUESDAY, JULY 23RD AT 6PM SHARP

Ted's Cafe Escondido | 2836 NW 68th St, Oklahoma City, OK 73116

*Success rates may vary. Late stage AD not included



Dr. Alvin Philipose DC

Please RSVP to 405-246-9550 - Reservation Required

*Must qualify to attend.



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