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Sharing Love for Sixty-Three Years



Vera Doughty, RN has worked as a nurse for 63 years. She is doing what she does best; sharing her love with her extended family at the Children's Center Rehabilitation Hospital.

by Vickie Jenkins, Staff Writer

It takes a special person to be a nurse. It also takes a special person to be a nurse for 63 years. One special person is Vera Doughty, RN. Her whole life has been dedicated to doing what she does best, loving and caring for others. For the last 28 years, Vera has spent her time at the Children's Center Rehabilitation Hospital sharing her motherly love as she cares for the children.

Growing up in Crescent, Oklahoma, Vera moved to Oklahoma City to start Nursing School in 1952. "When I was a little girl,

I didn't always want to be a nurse; I wanted to be a Veterinarian. That was in the early 40's and 50's and I knew if that was the case, I would have to deliver cows and horses, and with my little, petite size body, I knew I wasn't big enough to handle that, so I became a nurse," she replied with a laugh. Can you imagine me trying to deliver a cow?" she asked.

"Yes, I have always loved animals. I remember when I was a little girl; I took care of a lot of animals; Cats, dogs, and chickens. When all of the other little girls were playing

See DOUGHTY Page 2

Oklahoma City Nurse Receives Daisy Award

SSM Health St. Anthony Nurse Blakely Palafox, RN is the Daisy Winner for Extraordinary Nurses.



SSM Health St. Anthony Hospital recently recognized one of their nurses with The DAISY Award for Extraordinary Nurses. The award is part of the DAISY Foundation's program to recognize nurses that go the extra mile for their patients, family and team members.

Blakely Palafox, RN, SSM Health St. Anthony, was the recipient of The DAISY Award for his compassionate patient care. When he was presented the award, the patient nomination he received was read aloud. As the letter was being read, a woman stepped from the crowd of Palafox's co-workers. The woman was Harriett Greene, the very patient who nominated him for The DAISY Award. Greetings of hugs, smiles and tears were exchanged between the two.

In her nomination letter, Greene spoke of Palafox's compassion; in the letter she stated, "I asked (Blakely) 'do you believe in angels?' He said, 'yes.' I told him, God sent you to me, you are my angel."

The not-for-profit DAISY Foundation is based in Glen Ellen, CA, and was established by family members in memory of J. Patrick Barnes. Patrick died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little known but not uncommon auto-immune

See DAISY Page 3

DOUGHTY

Continued from Page 1

with their dolls, I was out playing with the animals. I guess you could say I was playing nurse and nursing them back to health," she replied.

Vera went to Nursing School through Saint Anthony's Hospital. "My first job as a nurse was at Saint Anthony's Hospital and then I worked for 2 family practitioners. They were partners in the doctor's office. Both of them were so good and they taught me a lot of what I know today. One of the doctors ended up passing away and the other doctor retired, so all of a sudden, I didn't have a job. I found a job that I really liked and that was 28 years ago. They were such good doctors and I was the only nurse they had. After one doctor passed away and the other one retired, I had to find a job," Vera said with a laugh. "I came here to the Children's Center and I never left, so I must like it here," she added.

In Vera's opinion, it takes several qualities to make a good

nurse. "A nurse has to be observant of what's going on and they have to be interested in the patient. They have to be caring and have a real desire to take care of others," she said.

It takes a mixture of love and determination, always following through and never giving up, being kind and considerate to others, always setting a goal and reaching for it, this is a mixture of Vera's strongest assets.

Working in the yard and playing with her great-grandkids is what Vera does in her spare time. "I stay busy and enjoy every minute of it," Vera said.

I asked Vera where she would travel to if she could travel anywhere in the world and she replied with a quick answer, "Oh, I would go to Switzerland. "My grandparents lived in Switzerland and I always thought it would be nice to go see where they lived. Plus, I have always been fond of the movie, Heidi. The green grass, the rolling hills I always thought it would be a great place to visit. A beautiful place to go if I were to travel, but I don't think I will

be going there anytime soon," she said with a smile.

"If I were to give advice to someone going into the medical field, I would tell them have a real desire for it, don't do it for the money or the prestige, do it for the love that comes from within your heart," she said. "They would need to have

a real desire to take care of other, never expecting anything in return. Whatever they did, they shouldn't do it for the money, not for the prestige, they need to do it from their love for others," Vera said.

Words to live by: "Oh that's an easy one. *The Bible*," she replied.

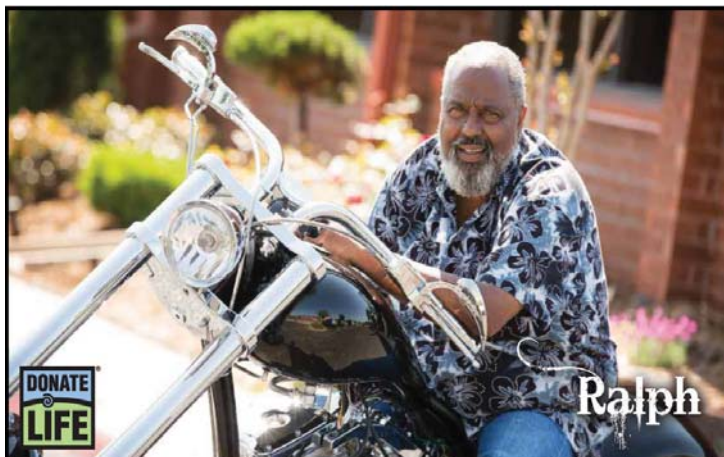
OU College of Nursing Ranked No. 1 for Online RN-to-BSN Program

For registered nurses interested in completing their bachelor's degree online while continuing to work full time, the University of Oklahoma Fran and Earl Ziegler College of Nursing's RN-to-BSN Program recently has been ranked as best in the nation by Best College Reviews for 2018.

"We are very proud of the programs we are able to offer at the OU Fran and Earl Ziegler College of Nursing," said Interim Dean Gary L. Loving, Ph.D., R.N. "The online programs allow flexibility for students to better meet their individual needs as they work toward their degrees in nursing." Loving explains that the college's online educational programs help address the critical shortage of nursing leaders in health care agencies across Oklahoma.

According to Best College Reviews, rankings were determined by an initial review of 143 colleges and universities in the United States offering an accredited online RN-to-BSN program. The reviewed was narrowed to include only those schools ranked in the top 200 institutions offering online undergraduate degrees, according to U.S. News & World Report. Additional rating and ranking methodology were applied to determine the top 50 RN-to-BSN online programs. "We're very excited to receive this news about our program," said RN-to-BSN Program Director Beth Hall, Ph.D., R.N. "Our program has been in existence for over 25 years and has a proven track record of excellence with a curriculum designed for working nurses. We offer personal instruction from doctoral and nationally certified faculty and support our students every step of the way. We are very honored to receive this recognition by Best College Reviews."

The full list of Best College Reviews "50 Best RN-to-BSN Programs online for 2018" can be found at <https://www.bestcollegereviews.org/top/rn-to-bsn-online/>.



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.

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DAISY

Continued from Page 1

disease. The care Patrick and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families.

Nurses may be nominated by patients, families, and colleagues, and they are chosen by a committee of nurses at SSM Health St. Anthony Hospital to receive The DAISY Award. Awards are given throughout the year at presentations given in front of the nurse's colleagues, physicians, patients, and visitors. Each honoree receives a certificate commending her or him for being an "Extraordinary Nurse." The certificate reads: "In deep appreciation of all you do, who you are, and the incredibly meaningful difference you make in the lives of so many people." The honoree is also given a beautiful and meaningful sculpture called A Healer's Touch, hand-carved by artists of the Shona Tribe in Africa.



Pictured from left to right; Elaine Richardson, CNO, Blakely Palafox, RN, Daisy Winner, Harriett Greene, patient, Amie Dilbeck, Nurse Manager.

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CAREERS IN NURSING CHANGE AGENT: INTEGRIS EDMOND

by Bobby Anderson, RN - staff writer/photographer

Madison Nichols may have graduated nursing school in 2015, but she's already become a change agent in role as ICU nurse at Integris Edmond.

A few months back, Nichols found herself orienting a new nurse. It was then that she noticed the unit's sepsis screening tool was out of date. She asked if she could tackle the update and was given her supervisor's blessing.

From there, Clinical Director Mitzy Bayne Baggott, BSN, RN, made sure she was plugged into subcommittee meetings with physicians, pharmacy and quality control staff.

"I realized the reasons we were falling out on our sepsis protocol and I developed a checklist for the nurses," she said. "We're able to hit all the things required and get the sepsis protocol done in a timely manner, that way it's just all laid

out and there's no question about it."

The committee worked on streamlining a septic patient's route from the ER to the ICU.

"That's where we were falling out on. By the time we got them to the ICU we didn't have enough time to get things all set up when a lab could have been drawn in the ER," she said. "We looked at the times and decided we needed to do something."

Nichols began working on the protocol the beginning of May and finished by the end of June. Several sets of eyes were involved and Nichols leaned heavily on her night shift coworkers.

"It's definitely a positive environment. I've really enjoyed being able to be a part of that. Coming from night shift, where it's a totally different world and being able to attend meetings has

been really cool. I've really enjoyed it and getting to know everyone."

She had no clue that a simple request would put her in the forefront of policy.

"No, I didn't. But it's really cool to be able to be the voice for the nurses and hopefully improve patient outcomes," Nichols said. "I didn't have any pushback at all. My managers and directors were really supportive and appreciative I wanted to take that on."

Surviving sepsis was a focus in the June issue of Critical Care Medicine, which highlighted a new "Hour-1 Bundle" for treating septic patients.

Reflecting the latest evidence, the Hour-1 Bundle highlighted five steps that should be implemented as soon as sepsis is recognized.

The steps include:

Measure the blood lactate level. A high lactate level may indicate

that the tissues are not getting enough oxygen from the blood and may identify a patient at higher risk of further deterioration.

Perform blood cultures to identify the cause of the infection. Blood samples should be taken before antibiotics are administered, if possible.

Administer broad-spectrum antibiotics that are active against the causative organism.

Start intravenous fluids. Fluid resuscitation is an essential step to stabilize the patient's condition.


Administer vasopressors to raise blood pressure. This is a critical resuscitation step in patients with septic shock.

So going through the process has given Nichols the default title of "sepsis nurse."

"Pretty much," she laughed. "All the floor nurses know I did


see NICHOLS Page 5


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Madison Nichols, RN, is helping forge policy at Integris Edmond.

NICHOLS

Continued from Page 4

this so they'll come grab me if they're concerned about a patient."

Nichols graduated Northwestern Oklahoma State University in 2015. She worked at Integris Baptist prior to coming to Edmond.

Nichols was voted nurse of the year for her department. And now that she's gotten a taste for process improvement she's excited to do more.

She's the chair for the hospital's Council of Nursing Excellence.

"We're talking about a couple different programs we could possibly do," Nichols said of the council, which is comprised of

each unit's nurse of the year and anyone interested in helping out."

Her ICU coworkers couldn't be prouder.

"In our ICU we're all super into projects so we collaborate on a lot of things to streamline processes that way we're not so stressed out and the time comes and we have a CRRT or a balloon pump so we've developed binders we can pull out when we have patients on those machines," she said. "The nurse taking care of them can feel more comfortable and there's way to troubleshoot."

"I feel like as an ICU we're all super into improving things so it's nice to have that encouragement from my coworkers as well."

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Software Vendor Selected for Oklahoma Medical Marijuana Authority

The Oklahoma Medical Marijuana Authority (OMMA), with assistance from the Office of Management and Enterprise Services (OMES), has selected Compla as the provider for compliance and licensing management software.

Using a statewide contract, the Denver-based company was selected through a review process that determined it was best equipped to meet OMMMA's specifications and time requirements. The passage of SQ788 tasks the Oklahoma State Department of Health (OSDH) with having an application process in place by August 25 for patients, caregivers and businesses to apply for licenses and for the agency to collect application fees. OSDH created the OMMMA to regulate the medical marijuana program.

Complia is a group of compliance officers and technologists with a background in cannabis licensing systems and government software. “With this agreement in place, we are continuing our commitment to having the structure in place to meet all of the requirements of SQ788,” said OSDH Interim Commissioner Tom Bates. “We are deeply appreciative to OMES for providing their expertise in evaluating the vendor products and for helping select the right fit to implement the online application system. They were able to accelerate the process in order for us to meet the challenging deadlines we face.”

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Joint interest: Understanding different types of arthritis



Eliza Chakravarty, M.D., in the clinic.

Arthritis is the leading cause of disability in the United States. But it's actually many distinct diseases: two of the most common are osteoarthritis and rheumatoid arthritis.

"Although OA and RA have similar symptoms, they have entirely different causes," said Oklahoma Medical Research Foundation rheumatologist Eliza Chakravarty, M.D. "That means the two conditions may also need to be treated differently."

Osteoarthritis, the most common version of arthritis, stems from wear and tear that erodes the cartilage between bones in your joints, causing them to rub against one another. OA affects an estimated 31 million people in the U.S., typically impacting hands and fingers, hips, lower back and knees.

Pain associated with OA often worsens with use and improves with adequate rest. People are more likely to develop this form of disease with age, but that isn't the only contributor, with obesity, traumatic injuries and overuse

also elevating your risk.

"Doctors typically recommend that people with OA engage in regular physical activity, which not only strengthens muscles that support the joints and helps control weight, but it also has been shown to reduce pain," said Chakravarty. "It can typically be treated effectively with nonsteroidal anti-inflammatory drugs like aspirin or ibuprofen."

In extreme cases, doctors may inject corticosteroids into joints to relieve symptoms. "Unfortunately, current treatments can only alleviate symptoms, as we haven't developed a cure for OA," said Chakravarty.

Rheumatoid arthritis, meanwhile, is less common than OA, affecting about 1 million Americans. While its exact origins remain mysterious, researchers know the disease is caused by a dysfunction in the immune system.

"Specifically, the immune system perceives something inside the joints as foreign, prompting it to launch an attack," she said. "Tissues in the

joint become inflamed and swollen, eventually leading to the destruction of cartilage and bone."

RA displays all the symptoms of osteoarthritis, plus noticeable joint swelling. Unlike osteoarthritis, though, RA symptoms are often worse in the mornings or after prolonged inactivity and improve a bit with use of the joints.

As with OA, doctors use anti-inflammatory drugs and corticosteroids to treat the joint pain and stiffness that comes with RA. However, rheumatologists also rely on a series of more specific disease-modifying therapies that can slow the progressive destruction of the joints.

While these drugs, which include

methotrexate and newer biologic agents such as Humira and Enbrel, help control RA, they have no effect on osteoarthritis. For this reason, Chakravarty said, it's important to visit a physician if you're experiencing joint pain or stiffness. Doctors use a combination of a physical examination, blood tests and X-rays to determine the type of arthritis a person has.

At OMRF, scientists are currently seeking volunteers who are concerned about developing rheumatoid arthritis for a prevention study called StopRA. If you are interested in participating or finding out more about the study, please call 405-271-7805 or email clinic@omrf.org.

Mary K. Chapman Foundation awards OMRF \$600,000 for aging research

The Oklahoma Medical Research Foundation has received a \$600,000 grant from The Mary K. Chapman Foundation to support aging research.

The grant will help fund age-related disease research and help OMRF recruit a pair of new scientists to its Aging and Metabolism Research Program, which takes a comprehensive approach to studying diseases of aging, including age-related muscle loss, Alzheimer's, Parkinson's and arthritis.

"Aging is the number one risk factor for a number of debilitating diseases that affect our growing elderly population," said Aging and Metabolism Research Program Chair Holly Van Remmen, Ph.D. "This gift will allow us to expand and extend our work to better understand basic mechanisms of aging and how they impact age-related diseases, such as heart disease, arthritis, age-related muscle loss and neurodegenerative diseases."

Mary K. Chapman established her foundation upon her death in 2002 as a way to continue supporting causes associated with her personal interests. Chapman, an Oklahoma native and University of Tulsa graduate, made many of her gifts in Oklahoma and Colorado, where her late husband, oilman and philanthropist H. Allen Chapman, was born.

The foundation donates to a wide variety of charitable organizations. But as a former nurse, Chapman had a keen interest in supporting health-related causes.

As a result, said Chapman Foundation trustee Donne Pitman, the foundation is devoted to continuing Chapman's legacy of giving to health and medical research.

"The hope is that these new investigators can generate new ideas and approaches to diseases of aging, like Alzheimer's and dementia," said Pitman. "These are devastating and common diseases that impact not only the individual, but also everyone around them. Aging research is a critical need for public health, and we want to be a part of the solution."



Oklahoma Medical Research Foundation scientist Holly Van Remmen, Ph.D.

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SSM Health St. Anthony Hospital - Oklahoma City welcomes Michael J. Klepper, MD

SSM Health St. Anthony is pleased to welcome Michael J. Klepper, MD to SSM Health Medical Group.

Dr. Klepper is board certified in family medicine. He earned an undergraduate degree in zoology and biomedical sciences from the University of Oklahoma. He then went on to complete his medical degree from the University of Oklahoma College of Medicine, followed by a residency program with Great Plains Family Medicine in Oklahoma City.

INTEGRIS Sleep Medicine Welcomes Brandy Burgess, APRN-CNS

Burgess is a board certified advanced practice registered nurse. She will be joining April Merrill, APRN-CNS at the INTEGRIS Sleep Medicine Clinic located at 3330 N.W. 56th St., Suite 618 in Oklahoma City, OK 73112.

"During a patient's most challenging moments they need someone who truly cares about identifying, diagnosing and accurately treating the problems they are facing all while being empathetic and caring," says Burgess. "Seeing the joy and relief that patients experience when they benefit from treatment makes me happy and gives me purpose."

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If you would like to send a question to Vicki, email us at news@okcnursingtimes.com

Q. I have been dating my boyfriend for six months. He has some really great attributes, however one negative is his lack of gift giving. Not big gifts, sometimes just a sticky note to surprise me with an "I Love You," or a funny card or flowers would be nice. I have mentioned this to him, he says he will try to remember but it doesn't last. Should this be a deal breaker? --Ellen

A. Your boyfriend's lack of gift giving could be a deal breaker if this is something you need. While you are dating it might be a great idea if you both committed to reading, *The Five Love Languages* written by Dr. Gary Chapman. In my opinion this book should be required reading for all couples, preferably before the relationship gets too serious. It should be required for singles so there is an understanding of what love means so you don't waste your time on someone who misses the mark.

Dr. Chapman lists the following 5 Love Languages:

1. Acts of service - handyman projects, making favorite meal, housework. 2. Words of affirmation - "you are amazing," "I'm so glad you are my girlfriend," "I appreciate you." 3. Physical touch - hand holding, affectionate hugs, snuggling, sex 4. Receiving Gifts - small ways (or big) to leave reminders of love and caring 5. Quality time - not just hours of time together but time well spent, even if it is just sitting together, being present to one another.

So if you have done your homework before dating and know how you desire to be loved, the idea is not to waste your time on someone who does not speak your language. Once you see it is not happening don't make excuses, hope it will change or decide to "wait it out."

The idea for the couple learning each others love language is to try to meet that need to create a more harmonious relationship. It can be difficult if Joe does not need gifts for himself but Cindy does. Once Cindy expresses to Joe this is something she needs and loves then it is up to Joe to try and speak Cindy's language.

Here is an example: Cindy and Joe made an appointment for marriage counseling. During the first session Cindy expressed how much she would like Joe to show his love for her with silly sticky notes on the bathroom mirror, a card left on the kitchen table, flowers just to say I Love You. She was very clear that gifting was one of her love languages. When it was Joe's turn to talk he said, "That is just not what I do, I don't think about it, you have married the wrong guy if that is what you need." Cindy sat on the sofa with tears rolling down her face. It was very sad.

We need to know ourselves; we need to know when something isn't working; we need to make changes. It is almost a guarantee that we will become resentful if someone isn't meeting our needs. Resentments grow, they do not magically disappear.

No one is perfect. Everyone has flaws. It is important to know what you need and make choices accordingly. If you want someone to give you gifts, notice if they give them to you when dating and if it continues. If your language is quality time, don't keep dating someone who doesn't give it to you.



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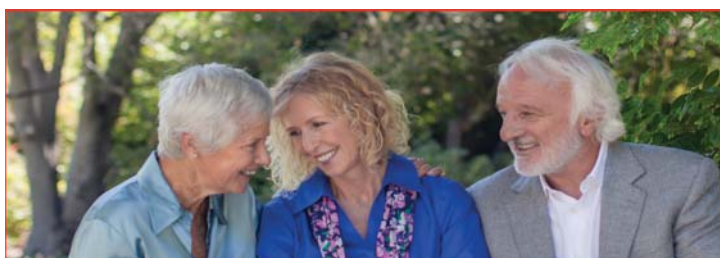
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