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Emergency Care St. Anthony Healthplex is ready when you are



photo by James Coburn

St. Anthony Healthplex North is a smart choice during a life threatening situation, says Virginia Collins, RN.

by James Coburn
Staff Writer

Virginia (Ginger) Collins is an RN at St. Anthony Healthplex North in Oklahoma City, where she has worked

since January. St. Anthony Healthplex North opened in February to serve the community.

"It's been a positive change. I really like working

for Saints," Collins said of the full-service ER. "I was ready to pursue a Christian-oriented facility and I was really impressed by the way they handled patient care, by the way they facilitated and processed patient care, the follow-up they have with their patients and the physicians that they have here."

Another attraction that lured Collins to St. Anthony Healthplex North is the phenomenal

See COLLINS Page 3

Events raise funds for OMRF heart disease, stroke research



Becky Switzer, Barry Switzer, Susan Meacham and Scott Meacham at the Oklahoma Medical Research Foundation's 241 fundraising event

The Oklahoma Medical Research Foundation raised more than \$600,000 at a pair of events Sunday and Monday. Proceeds will go to support research at OMRF to understand and find new ways to treat heart disease and stroke.

The "241" events—two events for one great cause—consisted of a wine festival and concert at OMRF Sunday followed by a golf tournament Monday at the Oklahoma City Golf and Country Club. A musical performance by Grammy and CMA award-winning Nitty Gritty Dirt Band capped off Sunday's events.

This was the fourth year OMRF has held the fundraiser. In the past, proceeds have gone to support research in cancer and multiple sclerosis, and this year the beneficiary was cardiovascular disease research.

The Oklahoma State Department of Health names heart disease as the number one killer of men and women in Oklahoma, accounting for more than 9,000 deaths each year. Oklahoma also ranks third in the U.S. for heart disease deaths, according to the American Heart

See OMRF Page 9

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Aug 2	RN, Full Time, Night, ICU (IMC)	Oklahoma-Oklahoma City		Not Specified
Aug 2	RN, Full Time, 7p-7a, Emergency Dept (IMC)	Oklahoma-Oklahoma City		Not Specified

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Oklahoma's NURSING TIMES

COLLINS

Continued from Page 1

equipment. Saints spared no expense in bringing the latest modern technology to serve patients' needs, she said. Everything is new and integrated with the software that the nurses use.

So it really allows us to provide really good patient care," McCoy said. "It gives us more time to focus on the patient and less time to focus on the charts."

Healthplex North is Saint's fourth free-standing emergency care center in the Oklahoma City area. There is also Healthplex East, Healthplex Mustang and Healthplex South. The spacious facility is located south of the Kilpatrick Turnpike at 13401 N. Western Avenue.

"I think it is an excellent location for the community," Collins said. "We're really centrally located. Actually we're right in the center of the hub here. So we're easy to access right off the turnpike. People are usually able to get right in."

Healthplex North treats patients of all ages from pediatrics to patients older than 100.

"If you're having a stroke, a heart attack, or if you cut your leg open,

we can take care of you no matter what the situation is," Collins said. "If you need a higher level of care, we stabilize and then we transfer either to our main campus downtown, and we provide the transportation EMSA if need be, depending on the acuity of the patient. If they need to go to a different level of care that we don't have, we can send them to an appropriate facility."

Healthplex North has the capability of stabilizing an infant, she said. Patients in cardiac arrest living in the vicinity of the ER don't need to drive farther, wasting precious time before treatment is available, Collins said.

"That's your smartest choice in a life threatening situation," Collins said. "We want to get you stabilized and get you to where you need to go."

There are about 30 nurses working all shifts at St. Anthony Healthplex North. All of the nurses excel in ER, Collins said. Nearly all of them are certified in trauma. Collins said she admires the skill set of the nurses at Healthplex North. Every RN at the ER is a member of the Emergency Nurses Association. Fifty to 75 percent of the nurses have their emergency nurse certification, Collins added. They are required to be certified in Advanced

Pediatric Life Support and Advanced Cardiac Life Support. They are trauma nurses.

"Say if someone had a car wreck down here on the turnpike, we can take care of them and our physicians are just as capable of taking care of them as any big hospital around," Collins said.

Collins also enjoys the team spirit she has found with Saints. There is a sense of collaboration as everybody works well together, she said. This may be true with most facilities, Collins said.

"But here we really pride ourselves with getting things done quickly, getting the patient assessed quickly and getting the labs drawn. We have a lab on site, she said. "We can have our lab work ready quicker than a hospital does. We can have them in five minutes. Some of them takes a little bit longer to run."

Respiratory therapy is available 24 hours a day, something that is not available in some of the smaller rural hospitals, she said. The ER is staffed with a physician at all times.

"We really work to coordinate that care together," Collins said. "The system that we have enables us to do that."

There is a quick response time

to patient care, but those patients seriously injured or having an acute life threatening event have first priority. The ER has 12 beds.

"Our motto is 'We pull til full,'" Collins said.

A triage room is available as the patient population increases, she said.

"We really do try to facilitate the flow of patients quickly while still providing good care," Collins said. "Our physicians ensure as well as our nurses that patients have good follow-up care."

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CAREERS IN NURSING

CHARGE NURSE SPREADS JOY TO OTHERS: MERCY HOSPITAL - WATONGA

by Vickie Jenkins - Writer/Photographer

Not far from Oklahoma City, OK is the small town of Watonga, OK. I took a drive there today, visiting Mercy Hospital. What friendly people! This is where I met Casandra Oakes, RN and Charge Nurse. Oakes has been a nurse here for 4 years and loves her job. Asking why Oakes became a nurse, she told me that she had always loved to help people and felt a real calling to become a nurse, knowing it was a good field to go into and that great opportunities were ahead. Graduating from Northwestern/Woodward Campus in Alva, Ok, she is the first one in her family to go into the medical field.

"What is the favorite thing about your job?" I ask Oakes. "I love learning new things and I feel like I have plenty of opportunities to learn different kinds of skills and I like helping people in any way that I can," she replies. A

typical day for Oakes can be nice and quiet on some days and on other days, it is full of patients and the day can be very busy. "I work in the ER sometimes and work on the inpatient floor on other days. It is all very sporadic," she says. "Either way, I like taking care of the people that come to the hospital. There are several surrounding small towns that don't have a hospital so people come to Mercy Hospital from several places. We just don't ever know what the day will be like," she adds with a smile.

Describing herself in three words, Oakes pauses for a moment and answers with, compassionate, friendly and happy. "What is your greatest strength here at the hospital?" I ask. "I try to do a good job at whatever I set out to do," she says with a tone of confidence in her voice. "I have a friendly face, or so I have been

told," she laughs. "I think that helps because the patients have a way of opening up with me. I like to stay positive and spread joy," she adds.

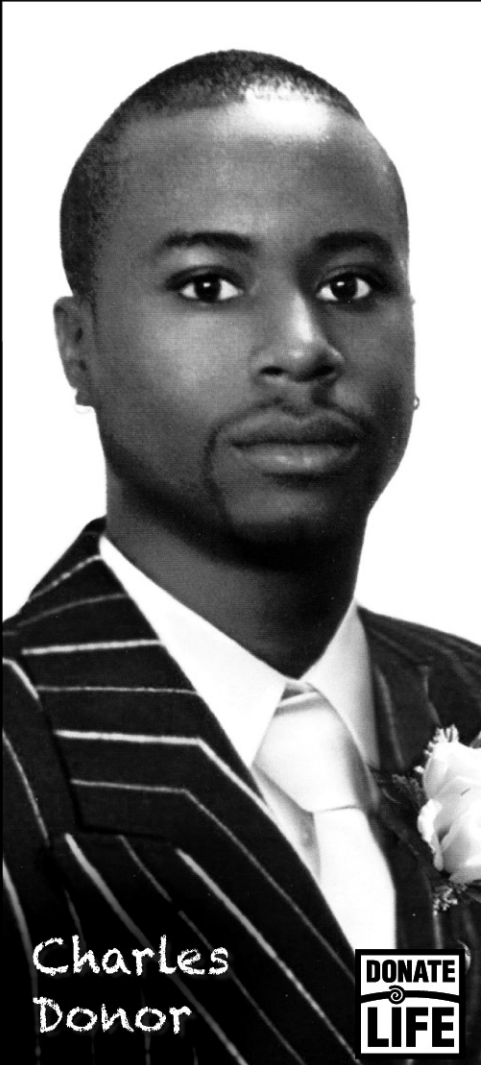
Asking Oakes if she has any challenges in the hospital, she replies, "Honestly, the main thing is the fact that I look so young that some people underestimate my abilities as a nurse. Sometimes, the patients don't take me seriously, wondering if I am really the charge nurse. The older patients ask me if I am old enough to be working," she laughs.

If Oakes were to give advice to someone going into the medical field, she would tell them to stay strong and to make sure they had some supportive people in their lives. "My husband was very supportive of me when I went through school and that was so important to me. I would tell them to, go for it! It is one of the most rewarding jobs

and it is well worth it in the end". "What qualities do you think make for a good nurse?" "I think a nurse needs to be compassionate, considerate to everyone, have the knowledge of many different things and treat everyone with dignity and respect."

"What is something about yourself that others might not know about you?" I ask. "Well, I play the saxophone at church and actually am the backup player on the drums. I am also a pastor's wife, and I love that," she replies. Oakes hobbies include taking care of her two boys, three and almost two years old. She played basketball in school and enjoys playing basketball against her husband. She also loves to run. "My favorite thing to do is spend time with my family," she adds.

Oaks favorite TV show is 'The Office.' She listens to Christian music. If you could share any words to live by, what words would



Charles was the father of three and loved his children very much. He had a wonderful outgoing personality and loved the game of golf. He was quite good at it.

He loved his family and would worry about them whenever the weather was bad. Even when nobody else could get out, he would make the rounds to everyone's home to make sure that they were all safe and sound.

It came as no surprise that when the time came he was an organ donor and gave the greatest gift of all.

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Casandra enjoys working as Charge Nurse at Mercy Hospital in Watonga, OK. Her main goal is to take care of the patients.

they be?" I ask. "Life is more rewarding when you put others' needs before your own, serving others."

Kudos to all of the friendly nurses at Mercy Hospital in Watonga,

OK. A very nice hospital that I am sure I will be visiting again. It takes a special person to be a nurse. Thanks for all of the special people that serve others at Mercy Hospital. You are definitely appreciated.

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St. Anthony Hospital Celebrates Topping Off



The Pavilion Topping Off ceremony was held June 29th. Employees were asked to sign the beam becoming a part of this Pavilion.

St. Anthony Hospital and Turner Construction were joined by physicians, employees and community leaders Monday for a topping out ceremony for the new Pavilion construction project on the St. Anthony campus. In construction, a topping out ceremony - one of the industry's oldest customs - is celebrated when the last beam is placed at the top of a building. The hospital's beam featured signatures from physicians, staff and volunteers along with an evergreen tree and

a U.S. flag.

The Pavilion, located south of 10th Street between Dewey and Walker Avenue, will house a new emergency department, intensive care units, and inpatient care areas. The 111,000 square foot, four-story facility project is slated to be complete in May 2016. The expansion represents the crowning point of the \$220 million campus development plan that began 11 years ago when the hospital decided to remain in its Midtown location.

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Index to Classifieds

- 1 0 0 Ambulatory
- 1 0 8 Administrative
- 1 1 3 Case Management
- 1 1 5 Chemical Dependency
- 1 1 8 Clinical Instructors
- 1 1 9 Collection
- 1 2 1 Critical Care
- 1 2 3 Certified Medical Assistant
- 1 2 4 Certified Nurses Aide
- 1 2 7 CRNA
- 1 2 9 Dental
- 1 3 0 Dialysis
- 1 3 1 Dietary
- 1 3 7 Education
- 1 4 0 General Nursing
- 1 4 3 Geriatrics and Long Term Care
- 1 4 6 HMO
- 1 4 9 Home Health
- 1 5 2 Hospice
- 1 5 4 Housekeeping
- 1 5 5 Infection Control
- 1 5 6 Instructor
- 1 5 8 IV Therapy
- 1 6 1 Licensed Practical Nurse
- 1 6 4 Managerial
- 1 6 5 Massage Therapy
- 1 6 7 Medical/Surgical
- 1 7 0 Nurse Practitioner
- 1 7 3 OB/Gyn
- 1 7 6 Occupational Health
- 1 7 9 Office
- 1 8 2 Oncology
- 1 8 5 O.R./PACU
- 1 8 8 Orthopedic
- 1 9 0 Pediatric
- 1 9 1 Pharmacist
- 1 9 2 Physicians Assistant
- 1 9 7 Public Health
- 2 0 0 Rehabilitation
- 2 0 4 Registered Nurse
- 2 0 7 Research
- 2 1 0 Sales Representative
- 2 1 3 Service
- 2 1 7 School Nurse
- 2 2 0 Spec Producers
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- 2 2 5 Traveling Nurse
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**Oklahoma's
NURSING TIMES**

The Freeze is Frozen in Time with Powerful Picture

by Vickie Jenkins

Look at this fierce team of four and five-year-old T-ball players. They couldn't be any cuter! They are all friends and play T-ball in Edmond, Oklahoma. Oh, they are typical little girls that love being together; dancing, playing with dolls, tea parties and especially watching the movie 'Frozen' as they wear their princess dresses, being 'Elsa,' the lead character in the Disney animated movie.

"It all started when three of the girls took dance and gymnastics together and we thought the girls should try T-ball in the spring. The mom that took the end of the season photo that went viral came up with the name Freeze and thought our little girls would be more interested in trying a new sport if they had a Frozen inspired uniform because all 5-year-olds love Elsa and Anna. I think the photo went viral because the girls looked adorable and it portrayed a message that girls can look cute and yet be strong and independent at the same time," said Alissa Melton OD,FAAO. (mother of Ella)

The girls were told to put their mean faces on for the picture. A combination of trying to look mean plus wearing their princess dress equals one cute picture of their team, the Freeze. Gregory posted the Frozen themed team photo on Facebook, both on her own profile and other pages like Sports Illustrated Kids, where it received over 8,000 views the first day. Gregory said she and the other team parents are humbled and grateful for the overwhelming response to the picture, which they see as Girl Power.

Although the girls are young, too young to understand what's happening on the field, Gregory hopes that the photo's message will resonate with female athletes of any age. "I think a lot of young women see the pictures as empowering, empowering from the sense that you can be cute, sparkly and tough, and that's okay. Beauty comes from the inside and that's what we want to teach these girls. That you can do things and be pretty, but what is inside is what matters most," Gregory adds.

The parents of these cute little girls were surprised when actress Lynda Carter, (Wonder Woman) shared the team photo on her Twitter and Facebook page. Gregory hopes that her photo will show young girls that it is okay to try anything and they don't have to choose between being a princess or getting dirty. They are not tomboys but they are girls that are willing to try something, and not be afraid to step up to a sport.

Gregory states, "We approached it as a way to combine 'princesses and red dirt' because that's what we have here in Oklahoma. At the time of the photoshoot, the temperature was in the 90's and it was very humid. The girls were getting hot and thirsty but they did well. The girls even have the hats with the fake Elsa hair down the side but they weren't allowed to wear them in the games. I guess that would be a little distracting."

All in all, the picture of the team, the Freeze is darling. What a great opportunity to show others that there is nothing wrong with girls playing sports, even if it they get dirty every now and then. What a great memory this will be for the little girls as they get older, seeing what it was like to be in the spotlight for a bit. Starting T-ball at four-years old? What could be better? Perhaps, a nap after the games and each photo shoot.



The FREEZE T-ball team shows a unique photograph from their under 6-years- old category. Back row; from left are: Liv Godwin, 5, Addalyn Wauters, 5; Tinley Roberts, 4; Avery Gregory, (catcher) 5; Pressley Atkinson, 5; Ella Melton, 5, Reese Hobgood, 5; and Olivia Ojeda, 5; On the front, are Kaiser Stout, 5, Khloe Kastner, 5; Kate Nabavi, 5; and Kalle Hays, 5.

Hurting Children Find Support at Calm Waters

Calm Waters Center for Children and Families offers free support groups for children, ages 3 – 18, and their families whose lives have been affected by death or divorce.

Oklahoma continues to rank amongst the top states in the nation for unintentional and premature deaths, leaving single parents raising children. Additionally, Oklahoma continues to have one of the highest divorce rates per capita in the nation. These tragedies leave children feeling isolated, sad, and uncertain.

In Calm Waters Support Groups, children will learn tools to help them through their grief process such as, self-care and support, coping with feelings, communication, and an opportunity to connect with peers who have similar experiences.

Calm Waters Divorce Support Groups are offered on Tuesdays or Thursdays, and meet weekly for

eight weeks from 6:30 p.m. to 7:30 p.m. The first Divorce Support Group will begin the week of August 24th.

Calm Waters Grief Support Groups are offered on Mondays, and meet weekly for 16 weeks from 6:30 p.m. to 7:30 p.m. The first Grief Support Group will begin August 24th.

To enroll, complete a registration form which is available at www.calmwaters.org. For more information contact Calm Waters at 405.841.4800 or www.calmwaters.org. Timely enrollment is encouraged due to limited space.

At Calm Waters our mission is to help children and their families in their grief journey caused by death, divorce or other significant loss. Calm Waters is a United Way of Central Oklahoma partner agency.

OMRF

Continued from Page 1

Association.

“The numbers are sobering, and it falls to research to find new and better ways to manage and treat heart disease,” said OMRF President Stephen Prescott, a physician and medical researcher. “Events like 241 provide OMRF’s scientists with important resources to continue their search for new therapeutics for heart disease and stroke.”

OMRF’s cardiovascular biologists study the biological processes at work in the heart that can lead to heart failure, as well as proteins in the blood that regulate clotting. They also investigate the role of inflammation in the development of hardening of the arteries and are looking for new ways to control blood vessel growth.

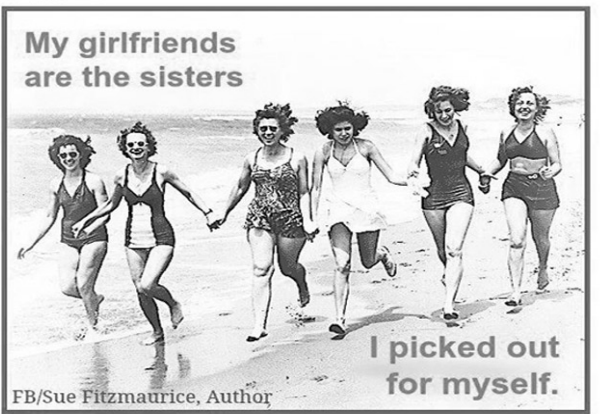
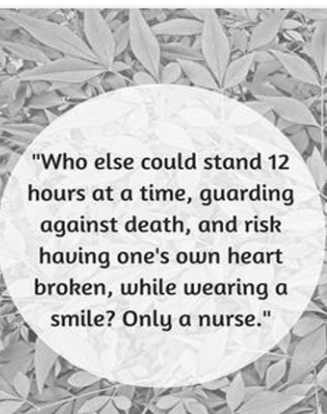
Previous discoveries by OMRF cardiovascular biologists have led to the creation of three FDA-approved drugs. “We hope the

support provided by this event will help lay the groundwork for more life-changing discoveries,” said Prescott.

Fundraising co-chairs for the 241 events are Judy Hatfield and Lance Benham. Lead event sponsors include The Chickasaw Nation, Virginia and John Groendyke, Headington Oil Company, LLC, Presbyterian Health Foundation, Allen Family Foundation, Ann Simmons Alspaugh, American Fidelity Assurance Company/ InvesTrust, Cemplex Group, Christy and Jim Everest, Leslie and Cliff Hudson, Herman Meinders, Lou Ann and Jim Morris, Gene Rainbolt, Ronald Rosenfeld and Glenna and Richard Tanenbaum.



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Gregory, Vol. Coordinator,
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Becky Johnson, Bereavement
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**Vicki L Mayfield, M.Ed., R.N.,
LMFT Marriage and Family
Therapy Oklahoma City**

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

I was at yoga the other day and as class was starting the teacher asked us the following question; "What is trust?" So I wanted to share some of my thoughts.

It was an interesting class because as I lay on my mat and aligned my body in the correct posture, my mind was thinking about trust. One of the students in class immediately responded with, "it is when you can count on someone to take care of you." I knew that was not my answer. Someone else said, "When you know someone will always be there to pay the bills and fix your car." That wasn't my answer either.

It is interesting that I had never really sat down and asked myself, "so what do I think about trust."

It was clear to me that based on the answers of others; there were many different definitions. Our belief about trust develops as children. We aren't even aware that is becoming a belief system, we notice things in our world and decide early on what and who we trust. It is formed from both good and bad things that happen.

We can have nurturing, loving and supportive people in our early lives and live with relatively few disappointments and find ourselves feeling good about trusting others and ourselves. If this was your life then your first really big experience with trust being violated can be overwhelming. Sometimes people are lucky enough to wear rose colored glasses for many years or are they?

If during your childhood you were exposed to people who violated your trust, especially multiple times then trust will be more difficult. When you have been betrayed, neglected or lied too the results can be devastating. You may find yourself guarded, walls that have no loose bricks. It is painful to lose trust.

I reflect on the many people who have struggled to find trust, in themselves, in others. The reality of life is that not all people are trustworthy, they just aren't!! For those of us who are working to find trust, it is okay to move very slowly.

Maybe the first trust we can conquer is "trusting our gut." Its the voice that is trying to get our attention, but we don't follow it.

So as I lay on my yoga mat I decided my best definition for trust, at the moment, is trusting my gut. I will listen and respond. It is my way of learning to trust myself.

Sometimes I do my best thinking on my yoga mat!!

Lend an Ear: New Approach Targets Errant Heart Rhythm



OU research shows electrical stimulation delivered via the ear suppresses atrial fibrillation. (Stavros Stavrakis, M.D., Ph.D. shown above)

Have you ever experienced sudden lightheadedness, shortness of breath or heart palpitations? An irregular heart rhythm may be to blame.

It's a condition known as atrial fibrillation, and more than 2.3 million people in this country have some form of it. Now, researchers at the University of Oklahoma Health Sciences Center have shown a non-invasive treatment that delivers low-level electrical stimulation through a part of the ear can suppress atrial fibrillation.

Atrial fibrillation is a condition in which the upper chambers of the heart lose their normal rhythm and beat chaotically.

"Atrial fibrillation affects a lot of people – up to 10 percent of the population. And the older people get, the more common atrial fibrillation is," said lead researcher Stavros Stavrakis, M.D., Ph.D., with the OU College of Medicine's Heart Rhythm Institute.

The study involved patients with a specific type of atrial fibrillation in which the errant rhythm occurs occasionally and then stops. OU researchers found that low-level electrical stimulation delivered by way of a part of the ear known as the

tragus can suppress the irregular heart rhythm. The tragus is that little bump of cartilage located at the front of the outer ear. It doesn't really do a lot, but it appears to provide a pathway to a specific nerve in the brain stem that appears to exercise some control over atrial fibrillation.

"We found that the time that people were in atrial fibrillation was decreased by about 50 percent after stimulating the tragus for one hour compared to those in the study who did not receive the low-level electrical stimulation," said Stavrakis.

In previous laboratory studies, Stavrakis and his team showed they could effectively halt atrial fibrillation with low-level electrical signaling applied directly to the nerve.

"So we were trying to find a way to non-invasively stimulate the nerve, in other words, without surgery," he explained. "We found a study in which researchers had systematically stimulated different parts of the ear and were able to elicit a response in the brain. So we tried it first in the laboratory to see if we could stimulate the nerve through an electrical signal applied to that part of the ear called the tragus, and it worked nicely."



NURSE + TALK

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What is your greatest fear and why? Children's Center Rehabilitation Hospital

"I have two little girls. My greatest fear is something happening to them. I pray they are always happy and healthy."



Ashley Sims, RN

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Denise Granko, RN

Each week we visit with health care professionals throughout the Metro



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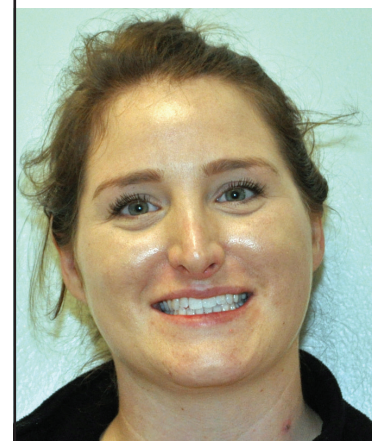
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"My greatest fear is falling into the 'status quo.' I want to live the life that God is calling me to do. I don't want to be comfortable with mediocracy even things that can be easy to do."



Carissa Perreault, RN

"Falling."



Michelle Hollingsworth, RN

EAR

Continued from page 10

The next step involved a study of 40 patients referred to the electrophysiology lab at OU Medicine. Under general anesthesia, half received low-level electrical stimulation of the right ear through a small metal clip attached to the tragus. The other half had the device attached but did not receive the treatment.

The patients who received the low-level electrical stimulation saw a significant decrease in the amount of time in atrial fibrillation. In the control group, by contrast, the time in atrial fibrillation actually increased slightly.

"We also found it was more difficult to produce atrial fibrillation after treatment," Stavrakis said.

He called the results promising and said the next step is to evaluate the treatment approach in patients with this type of atrial fibrillation while awake, since this initial study involved patients with acute atrial fibrillation who were under anesthesia.

The new study involving treatment while awake has recently received funding from the American Heart Association, and Stavrakis said they hope to begin that research soon.

"A preventive approach is the goal.

So we hope to next evaluate this approach in patients who could do this at home using an electrical stimulation device similar to those used for pain management," he said.

The approach is not only non-invasive, it also is not painful. Stavrakis said that's because the level of electrical stimulation needed to slow the heart rate is well below the threshold that produces discomfort.

"We anticipate that the patients undergoing treatment at home would not even feel the stimulation," he said.

The research produced another interesting discovery. Stavrakis and his team also drew blood in patients, measured markers in the blood known as inflammatory cytokines and found that low-level electrical stimulation reduced those markers, thereby potentially inhibiting inflammation within the body.

"We think that this is important because it means this technology and treatment method also may be useful in treating other diseases associated with inflammation like rheumatoid arthritis," Stavrakis said.

The research is published in the Journal of the American College of Cardiology.

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