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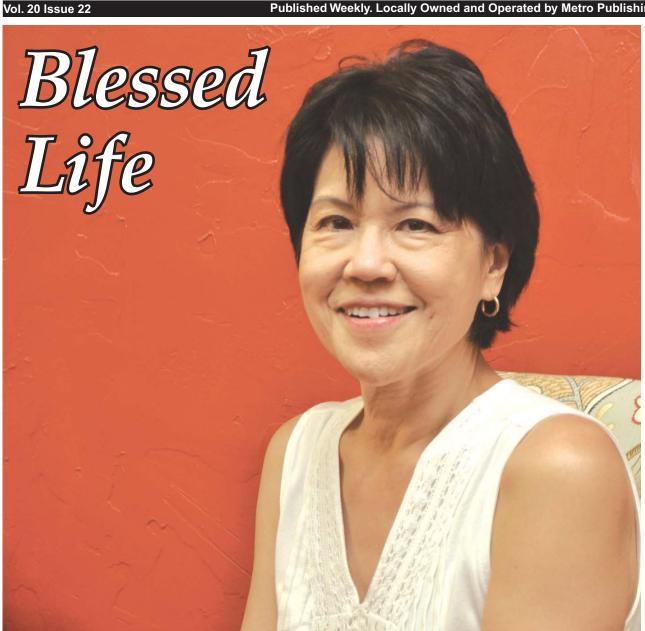
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At Dr. Michael Crawford's office, Internal Medicine, you will find Carolyn Crawford, RN, an excellent nurse with a smile, soft spoken voice and a positive attitude for all those around.

by Vickie Jenkins, Staff Writer

Dr. Michael Crawford, MD is an internal medicine specialist in Oklahoma City, OK. He has been practicing for 33 years. He has a very special nurse working for him; someone that has been with him for years, seeing eye-to-eye on things, most of the time, this special nurse goes by the name of Carolyn Crawford, RN, BSN. Not only is she his nurse, she is also his wife.

Born in Chicago, Carolyn's family moved to Oklahoma City, OK when she was five years old, and she has lived here ever since. She attended Putnam City Original high school and went to nursing school at OU. Carolyn has been a nurse for forty-one years. "In school, I always enjoyed the Health Science classes, Biology and Math. My mother was an LPN for years so I grew up thinking I would go into the medical field, even though when I was little, my real desire was to be a secretary. My mother influenced me to be a nurse and that is when nursing began to look a little more appealing," she said with a

NRHealthPlex receives an 'A' in hospital safety



Norman Regional HealthPlex scored at the top of the class according to national non-profit The Leapfrog Group. The hospital was awarded an "A" in the spring 2019 Leapfrog Hospital Safety Grade.

The designation recognizes the Norman Regional HealthPlex's efforts in protecting patients from harm and providing safer health care. The Leapfrog Group is a national nonprofit organization committed to improving health care quality and safety for consumers and purchasers. The Safety Grade assigns an 'A', 'B', 'C', 'D' or 'F' grade to hospitals across the country based on their performance in preventing medical errors, injuries, accidents, infections and other harms to patients in their care.

"Patient safety is our No. 1 priority and we're proud to receive an 'A' from Leapfrog," said Richie Splitt, president and CEO of Norman Regional Health System. "We remain deeply committed to ensuring our patients receive the safest and highest quality of care."

Leapfrog Hospital Safety Grade is the only hospital rating focused exclusively on hospital safety. Developed under the guidance of an expert panel, the Leapfrog Hospital Safety Grade uses 27 measures of publicly available hospital safety data to assign grades to approximately 2,600 U.S. hospitals twice per year. It is peer reviewed, fully transparent and free to the public.

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See SAFETY Page 2

SAFETY Continued from Page 1

The Leapfrog group began doing the Hospital Safety Grades in 2012 to help patients and families determine the safest hospitals to seek care.

The Norman Regional HealthPlex is located off Interstate 35 and Tecumseh road and has 136 staffed beds. It is part of Norman Regional Health System, a multi-campus system that serves the healthcare needs of south central Oklahoma, Norman Regional Health System has grown to employ more than 2,700 people and have 356 physicians credentialed on its medical staff.

Founded in 2000 by large employers and other purchasers, The Leapfrog Group is a national nonprofit organization driving a movement for giant leaps forward in the quality and safety of American health care. The flagship Leapfrog Hospital Survey collects and transparently reports hospital performance, empowering purchasers to find the highest-

value care and giving consumers the lifesaving information they need to make informed decisions. The Leapfrog Hospital Safety Grade, Leapfrog's other main initiative, assigns letter grades to hospitals based on their record of patient safety, helping consumers protect themselves and their families from errors, injuries, accidents and infections.

Norman Regional Health System is a multi-campus system that serves the healthcare needs of south central Oklahoma. It is currently comprised of an acutecare facility, Norman Regional, on Porter Avenue, and the Norman Regional HealthPlex, located on Interstate 35 and Tecumseh Road in Norman, OK. Norman Regional Hospital is licensed for 324 beds and offers a full range of services including emergency care, oncology, an intensive care unit, surgery and more. The Norman Regional HealthPlex campus is licensed for 136 beds. It features the services of cardiovascular, spine and orthopedics, women's and children's and more. The Norman Regional HealthPlex is Regional Moore, which houses also the home of the Chest an Emergency Room, physician Pain Center and the HealthPlex offices, imaging, lab, physical Heart Hospital. In 2016, the therapy and more. Health System opened Norman



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SIMS **Continued from Page 1**

laugh. "I'm glad I listened to her because I can't imagine doing anything else. I love being a nurse," she added.

"My first job as a nurse was when I worked at OU Medical Center in the ICU and I continued to work there for a few years. Dr. Crawford was working at Mercy and it was shortly afterwards that he decided to branch out on his own and I decided to work for my husband. The plan was that I would work for him for several years. As you can tell, that plan didn't work very well because here it is eighteen years later and I'm still here. It works out great for the two of us," Carolyn commented.

Asking Carolyn what her favorite part of her job is, she replied, "I like the fact that I get to work with some very nice patients and really get to know them. We have some patients that have been coming to see us for years. We get to watch our patients grow with us, helping them with their health issues along the way," she replied.

The biggest asset that Carolyn has is her experience as a nurse. "If a patient calls and has a question that they are not sure of, I can always get back to them right away. There are quite a few doctors' offices when you call with a question, it could be a few days before you hear back. Our patients like the quick replies," she commented.

It is easy to see why Carolyn is such an excellent nurse. Always a smile and soft spoken voice, she likes helping others in a positive way. "I want the best for all of our patients," she said. Carolyn stays busy as the office manager, along with overseeing the nurses in their duties. The caring doesn't stop there though. Dr. Crawford and Carolyn make home visits when the patient isn't able to be seen in the office. "That is something we feel led to do," she said. "We will travel to the patient's homes or go to nursing homes or travel wherever

Newcastle a few days ago. We love our patients and will go the extra mile to make sure they have the utmost care," she added. I am so blessed with everything. "Patients appreciate that."

What advice would you give to someone going into the medical field? "I would tell them that being a nurse is a rewarding job. It's a good field to be in and there are so many different areas and opportunities that someone can go into. I am so glad that I became a nurse and still love the rewards and the challenges but most of all, I enjoy caring for the patients," she replied.

Dr. Crawford and Carolyn have three grown children and four grandchildren with two more on the way. (Both daughters are due at the same time) "We both enjoy spending time with all the grandchildren," Carolyn said.

Carolyn's hobbies include gardening, reading, Zumba and yoga. "I really enjoy Zumba and yoga. I think my favorite is Zumba!"

Asking Carolyn to sum up

we are needed. We traveled to her life in one word, she replied, "I feel so blessed. a good family, a great job, good health, wonderful friends; Summing up my life in one word? "BLESSED."

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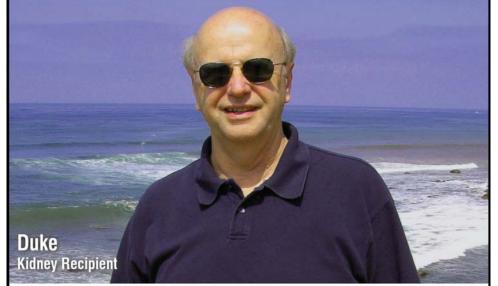
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Editor and Publisher, Steven R. Eldridge - news@okcnursingtimes.com Recruitment Advertising - Amanda MIller - amiller@okcnursingtimes.com Advertising Services Lisa Weigel - advertising@okcnursingtimes.com Writers: Bobby Anderson, Vickie Jenkins, Vicki L Mayfield, M.Ed., R.N. Send all news, story requests, letters to the editor and press releases to news@okcnursingtimes.com

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Imagine, 30 years old, beautiful wife, one child, another on the way, a great job and you go to the doctor and he says "This is the day you start dialysis, we have a chair ready for you." Dialysis...possibly for the rest of your life. I couldn't start that day, I had to go home and refocus on this long journey of dialysis three times a week. The next day I started and was a dialysis patient for six years. I continued to work for several years and shortly after starting dialysis our second son was born. Our kids only knew a dad that was on dialysis three times a week, until I received a

kidney transplant.

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Passion in Nursing

The Pediatric Clinic at The Children's Center Rehabilitation Hospital is dedicated to treating children in the community. Uniquely staffed by a team comprised of Oklahoma's finest doctors and nurses, children receive comprehensive treatment ranging from general pediatrics to advanced medical care.

One of the friendliest nurses you will ever meet is Lori Bacon, LPN. Growing up in Oklahoma City, she never knew when she applied for a job as a receptionist at the Children's Center eighteen years ago; it would lead to becoming a nurse. "I was asked if I would be interested in working as a CNA on the third shift. After the proper training, I knew that this would be a job that I would never want to leave. I was right," Lori said, with a big smile.

Lori has a very definite answer

as to why she is a nurse. "I like being a child advocate. I try to be that voice for the children. All of the people here and the children are very dear to me."

Lori works at the Pediatric clinic with Dr. Brannan. "I like seeing the variety of children come in. Did you know that this is a regular doctor's office? What is so great about this is the children, some with disabilities, some not, the children don't even notice a difference in each other; they all get along with each other."

When I asked Lori what she wanted to be when she was a little girl, she said, "I always wanted to be a mom or a teacher. I guess I got that half right. I am a mom."

What do you think your most valuable asset is? "I feel like I am good at my job. I work with Dr. Brannan, a specialist with children

with bone disabilities. I do the a quick thinker. They need to infusions so I feel like I have a lot of experience in that area. I also deal with the new families that come to the Children's Center for the first time. After I talk to them, they feel more comfortable and more at ease," she replied.

Asking Lori if she had any advice to give to someone going into the medical field, she said, "I would tell that person to be open-minded. Keep your patient's feelings ahead of your own and never take anything for granted. The medical field has many different opportunities so choose something that you will like doing and never give up. It can be tough but it is so rewarding, you will be glad you stuck with it."

What qualities do you think make a good nurse? "I think a nurse needs to be organized, and be compassionate, a problem solver and someone who is approachable," she replied.

Now, onto the other fun things that Lori likes to do outside of work; "I love spending time with my wonderful husband, my twin boys, Andrew and Jacob, 13, and my sweet little girl, Amelia, We try to travel 13 months. when we get a chance, making memories; going on trips, trying new restaurants in small towns, jus spending time together as a family; memories like that can be much better than a gift in my opinion. It seems to work for our family," Lori explained. "I am also a very crafty person and I love making arts and crafts. Of course, we like playing with our little dachshund too."

Motivation comes easy for Lori. See BACON Page 5



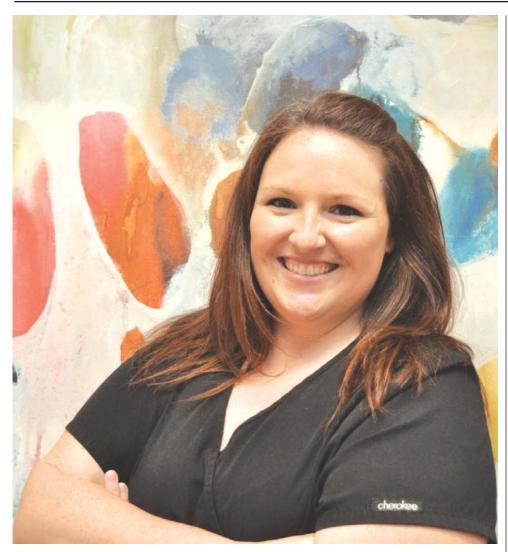


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Lori Bacon is an excellent nurse at the Outpatient Clinic, located at The Children's Center Rehabilitation Hospital in Bethany, OK. The clinic is open to all children.

BACON Continued from Page 4

"I am motivated by my family and the children here. I have a strong foundation built on faith and family. My advice for someone going into the medical field is don't give up! Lori said. "There are so many areas to choose from in the medical field. Don't take your job for granted. If you be the word, "JOY."

choose your job, it shouldn't feel like work, it should feel like a privilege whether it be for hospice, a nursing home or a hospital. Taking care of others is definitely a privilege."

"My main focus here is to do the best job I can, knowing that there is a child that needs me."

Summing up her life in one word, Lori said it would have to

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Good Things Happen in Threes

A Story of Coincidence and Comradery



Good things happen in threes. Just ask Kylie Boaz, Brittany Decker and Ali Weaver. The three Edmond women have been the best of friends for years, but they have one thing in common that has to be more than just coincidence.

My husband, Jay, and I had been trying to get pregnant for quite a while when Ali and Travis came over one night and said they were pregnant," remembers Brittany Decker. "I was like you're not going to believe this, but we are too!!! We just hadn't told anyone yet."

The two friends reveled in their joint excitement until a few weeks later when Kylie said she was pregnant, too. "When Brittany and Ali got pregnant I was so happy for them. Then, Bryan and I conceived a month later. It was crazy. Everyone was saying we must have planned it, but we really didn't."

Weaver agrees, "Even though we are all the same age, we were in different stages of our family planning. I was in the middle of getting my masters, so it definitely came as a shock. The timing is just too perfect to be anything but God's plan."

The three women enjoyed sharing the joys and anxieties that come with a first-time pregnancy. They almost even shared the same due date. All three delivered at INTEGRIS Health Edmond and they all three had baby girls.

Logan Weaver was born Dec. 30, 2016, Ava Decker was born Jan. 14, 2017, and Blakely Boaz was born Feb. 11, 2017. And if that wasn't enough, fast forward two years and they did it - again.

"Honestly, I was even more shocked the second time because our due dates were even closer then. We all gave birth within two maybe 2 and a half weeks from each other the second time," Boaz

"We were convinced one of us would have a boy this time and break the cycle," admits Decker. "Ali was the last to find out what she was having. She and her husband, Travis, came over to our house for what he thought was just dinner, but it was actually a surprise gender reveal party. Ali shot off fireworks and low and behold they were pink!!! That's when we knew we were all having

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klahoma's Nursing Times

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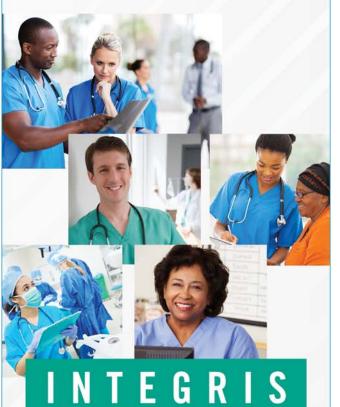
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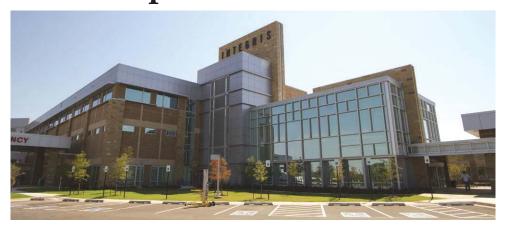
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INTEGRIS Health Edmond Receives Outstanding Patient Experience Award



INTEGRIS Health Edmond is a proud recipient of the Healthgrades Outstanding Patient Experience Award .

The distinguished honor recognizes hospitals that provide an overall outstanding patient experience—delivering a positive experience for patients during their hospital stay—as reported by patients. These hospitals are top in the nation for overall patient experience.

Healthgrades evaluates patient experience performance by applying a scoring methodology to nine patient experience measures, from a 32-question survey of the hospital's own patients.

The methodology uses Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) patient survey data from the Centers for Medicare and Medicaid Services (CMS).



www.CarePlusatHome.com

OMRF selects 2019 Teen Leaders



The Oklahoma Medical Research Foundation has named 50 teens from across the state for its seventh annual Teen Leaders in Philanthropy class.

The students selected will visit OMRF monthly throughout the 2019-20 school year to meet with philanthropic leaders from Oklahoma City and the surrounding area. They will also learn about how nonprofit organizations function and the impact charitable giving makes on a community.

Among the 50 in the 2019-20 class are five returning students from last year's class who will operate as an Advisory Council.

Applicants are limited to Oklahoma high school students. Each must submit a written application and a letter of reference to qualify and then participate in an interview process.

The teens selected will work on team-building and fundraising projects tailored to teach the basics of philanthropy, development, networking, fundraising and board service. Previous classes have also worked together to create, organize and operate community-wide events and trivia nights to raise money for disease research at OMRF.

"We are thrilled that this program is continuing to grow and equipping driven young students with the tools they need to make a difference in their communities," said OMRF Development Associate Caroline Allen. "This first-hand philanthropy experience will give these students the knowledge and skills they need to confidently go out and make an impact."

The 2019-20 Teen Leaders in Philanthropy are:

Bishop McGuinness: Lindsay Best, Elyse Cronic, Ashley Hill, Peyon McCuan, Charlotte Mounger, Luke Wienecke, Casady: Irene Eckman, Katherine Hawley, Graeme Jones, Reese Rhodes, Choctaw: Aiyana Washington, Classen SAS: Daniel Coronado, Maya Shadid, Crossings Christian: Kennedy Campbell, Madeline Horning, Jackson Roberts, Deer Creek: Shivani Sugunan, Dove Science Academy: Emmanuel Ojuade, Edmond Memorial: Keegan Leibrock, Jonathan Lin, Edmond Santa Fe: Fiza Sheikh, Madison White, Harding Charter Prep: Kate Glass, Heritage Hall: Katherine Curran, Logan Longacre, Lauren Paque, Holdenville: Macy Davenport, Lawton: Ethan Kinslow

Mount Saint Mary: Daly Barnett, Jesse Brooks, Muskogee: Blake Simmons Noble: Brody Smith, Norman: Vicky Chen, Elisabeth Millington, Norman North: Brooke Bauman, Amiya Dehadrai, Elise McGoldrick, Oklahoma Christian Academy: Parker Ashworth, Oklahoma School of Science & Mathematics: Aarib Azeem, Anika Bekkem, Nivedita Jayasekar, Putnam City North: Ann George, Southmoore: Neal Patel, Westmoore: Shea Wortham, Western Heights: Jorge Pena

Advisory Council

Bishop McGuinness: Hannah Lee, **Choctaw:** Grace Anderson, **Edmond Memorial:** Rohan Rajeev, **Edmond North:** Evan Smartt, **Edmond Santa Fe:** Shreya Kumar

(AS PUBLISHED IN THE 2019 EDUCATION GUIDE TO NURSING)

J Program Provides Path to Success

Nursing and health care are among Rogers State University's hallmark academic programs, which includes bachelor's degrees on its Claremore and Bartlesville campuses.

RSU is a dynamic regional university providing its students with the complete college experience where students can live on campus (both traditional and family housing options) and participate in a myriad of student activities, including student organizations dedicated to health sciences.

The university supports a rigorous academic program that attracts many students who plan to attend medical school complete their undergraduate studies through RSU's program in medical/molecular biology. RSU's nursing program produces students who consistently score better than the state and national averages on the RN licensure exam.

Rogers State's health sciences programs are some of the most rigorous in the region, producing graduates that are in high demand. RSU nursing

graduates maintain a nearly 100% placement rate, securing excellent jobs throughout the region.

RSU's nursing faculty with a collective total of more than 130 years of experience in both academic teaching and practical experience. The university offers several lab environments to give students skillful training for residential environments, hospital beds, isolated acute care, and high fidelity simulation.

For those who want or need to work while attending school, almost 8 in 10 RSU students work while attending school allowing them to achieve their educational goals while balancing financial and family obligations. While RSU is the only public university with on-campus housing in the Tulsa metro area, the university has a large number of commuter students who live at home while attending RSU.

RSU consistently earns national recognition for affordability, both for traditional classes and its RSU Online program. U.S. News and World Report has noted RSU has one of the nation's top 10 lowest, in-state tuition rates, and also highlighted that RSU Online was among the nation's 10 least expensive public online programs. The university also

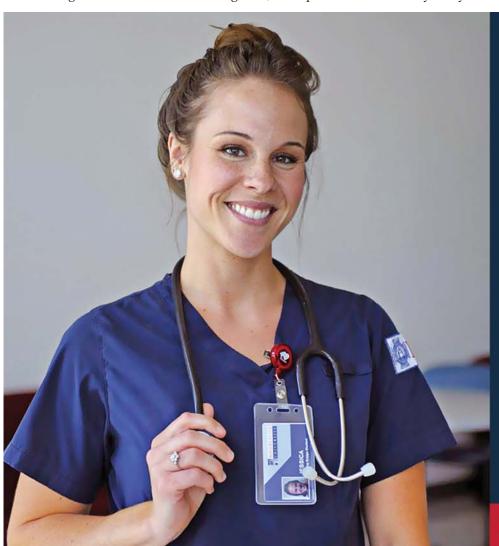
has been consistently recognized for having one of the region's lowest student debt load for graduating students with nearly half of last year's graduating class earning a diploma without taking a student loan.

The main campus in Claremore features the Stratton Taylor Library, new student residences with bed space for more than 800, the Chapman Dining Hall complete with inclement storm shelter, renovated historic buildings and the 50,000 square-foot Dr. Carolyn Taylor Center, which features ballroom space for



community events. Rogers State also is home to RSU Public Television and RSU Radio FM 91.3.

Find your own path to educational success by visiting www.rsu.edu/ nursing or call 918-343-7631 to learn more or to schedule a campus tour.



Prepared For Your Success

The Rogers State University Nursing Program gives students the tools they need to be successful healthcare providers.

The program's academic rigor and reputation gives RSU graduates an edge in the competitive job market. Most students are recruited for top jobs at hospitals and medical facilities in Oklahoma and beyond.

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→ Option: Bridge NREMT/Paramedic/LPN to BSN)

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For more information, visit www.rsu.edu/nursing or call 918-343-7631.

THREES **Continued from Page 5**

girls again."

All three returned to INTEGRIS Health Edmond to have their second babies. Peyton Boaz was born April 24, 2019, Addie Decker was born May 2, 2019, and Alex Weaver was born May 9, 2019 - just in time for Mother's Day.

The three young families look forward to sharing their future together. "Our friendship is a rocksolid foundation," states Decker. "We just enjoy doing life with each other. The highs, the lows and all the craziness in between. No one can do this alone."

When asked if they would consider trying for a three-peat, it may be too soon to tell. But you know what they say, the third time's the charm.

"The Weavers will be having a third, I can tell you that," Ali Weaver proclaims. "I'll have to rally the troops for a third round though. Give them some time to forget the pains of pregnancy and childbirth. If we were able to do it again, now THAT would be a story."

Firefighters Save One of Their Own after a Stroke

Thursday, May 9 was a typical morning for Lt. Joshua Manion with the Oklahoma City Fire Department. He was asleep in his bed at Fire Station 22 when he briefly woke up at around 3 o'clock in the morning. He says he looked at the clock and decided it was too early to get up, so he went back to sleep. When he woke up again at 6 a.m. - something had changed.

"I was dizzy," remembers Manion. "I thought I must have gotten out of bed too fast, so I sat back down. But each time I tried to get back up again, I would lose my balance."

Manion only had an hour left on duty. He thought whatever he was experiencing would wear off if he just kept moving. He managed to make his bed but felt uncharacteristically uncoordinated on his left side. "I was walking like someone who was intoxicated - and then I became violently ill."

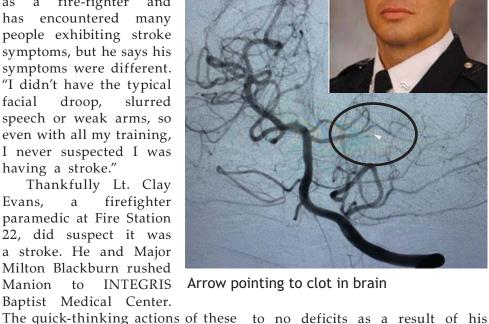
Manion has been on numerous medical calls as a fire-fighter and has encountered many people exhibiting stroke symptoms, but he says his symptoms were different. "I didn't have the typical facial droop, slurred speech or weak arms, so even with all my training, I never suspected I was having a stroke."

Thankfully Lt. Clay Evans, firefighter a paramedic at Fire Station 22, did suspect it was a stroke. He and Major Milton Blackburn rushed Baptist Medical Center.

firefighters quite possibly saved the life of one of their own.

"Joshua suffered a posterior circulation stroke in the cerebellum of his brain. This area is responsible for balance and the coordination of muscle activity," says Ashish Masih, M.D., a vascular neurologist at INTEGRIS. "There are varying outcomes for this type of stroke slight movements, to coma, to even death. Joshua is remarkably lucky that his fellow firefighters were able to recognize the atypical signs of this type of stroke and to act as

Manuel Fortes, M.D., an interventional neuroradiologist with performed INTEGRIS, endovascular thrombectomy on Manion to remove the clot that was blocking blood flow to his brain. "NIHSS stands for National Institutes of Health Stroke Scale," explains Fortes. "It is a way to objectively score stroke symptoms, ranging from a score of 0 to 42. We're happy to say Joshua has a



stroke." The official cause of his

stroke is unknown at this time. He

will undergo more testing and will

be closely monitored. He hopes

his story will serve as a reminder

that strokes can happen to anyone

at any time. "I'm only 42 years

old. I don't smoke, I'm active and

seemingly healthy," says Manion.

"In my sixteen years with the

Oklahoma City Fire Department

I've never taken one sick day. If

a stroke can happen to me, it can

happen to anyone."

Manion to INTEGRIS Arrow pointing to clot in brain

uncoordinated

Manion encourages everyone to learn the signs and symptoms of stroke. He says even though his symptoms were a little different, it's still good information to know - and may even save a life. Manion is anxious to return to

work and admits he doesn't like being on the receiving end of a rescue. "I'm not used to people doing things for me. I'd much rather be on the other end for sure. But I think seeing things from the 'patient perspective' may actually help me become an even

quickly as they did." score of zero, meaning he has little better firefighter."

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WWW.OKNURSINGTIMES.COM

A closet in the garage with my dog.



Katee Hale, RT

We're supposed to be getting a shelter but it's the pantry right now.



Whitney Mallett, RN

Where's your home safe spot during severe weather?

INTEGRIS

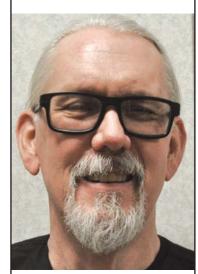
Integris
Southwest
Medical Center
Radiology
Department

It's in my closet.



Cathy Smith, RN

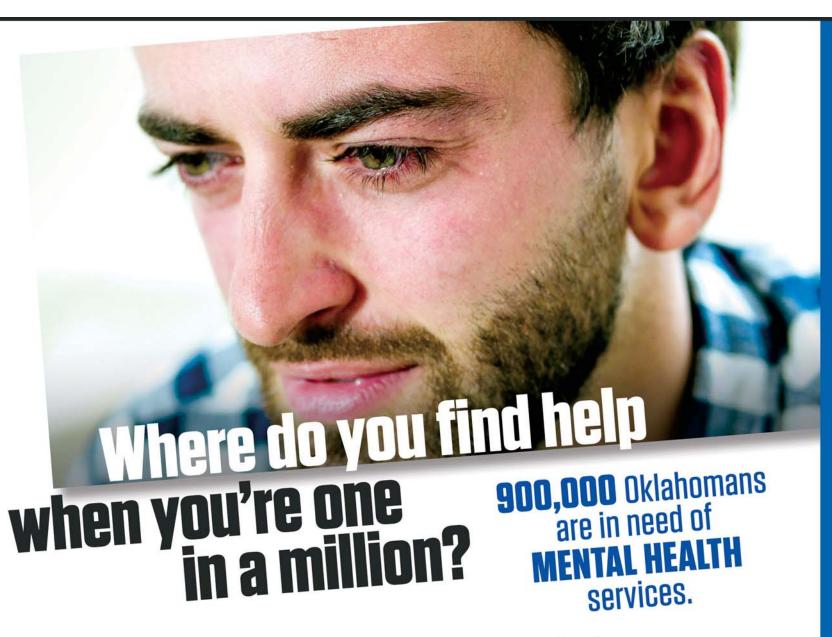
I have access to a shelter at my neighbor's house across the street.



Mark Obermiller, RN







Doing what's right isn't always what's easiest.

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you're not afraid of these questions.
You're part of the answer. Raise your hand and
stand with us. Give today at

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