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## Easing tension

*ER nurse brings a smile to patient care*



Mary Randall, RN, enjoys making a difference in the lives of ER patients at INTEGRIS Health Edmond.

by James Coburn,  
Staff Writer

A career as an ER nurse is never the same two days in a row. That is why Mary Randall likes it, she said. Randall is a registered nurse and the clinical nurse manager for the emergency department at INTEGRIS Health Edmond.

Sometimes two hours in a row is a completely different job," Randall said. "You don't get those relationships that patients taking care of people long-term get. We don't get that in the emergency room. We see people for a brief period of

## A passion for long-term care



Having an inquisitive nature, Belinda West, LPN, is where she wants to be as the MDS coordinator for Willow Creek Health Care.

*LPN brings kindness and curiosity to patient care*

story and photo by James Coburn

Belinda West entered the health care field because she believes the elderly are often overlooked when it comes to their health. They are also forgotten, said West, LPN, MDS coordinator, Willow Creek Health Care, located in Guthrie.

"We just don't seem to respect them as other cultures do," West said. "I just feel the need to care for them, take them in and love them."

She thought she was going to become a teacher when she began college. She had considered nursing before then. West discovered she wasn't "cut from the same cloth" as teachers. So

## St. Anthony Welcomes Heather Stanley, Nurse Practitioner

St. Anthony Hospital is pleased to welcome Heather Stanley, M.S.N., R.N., to St. Anthony Physicians Group, St. Anthony Healthplex East Internal Medicine.

Stanley earned both her nursing degree and a Master of Science in Nursing, Family Nurse Practitioner, from the University of Oklahoma.

St. Anthony Physicians Group, St. Anthony Healthplex East Internal Medicine is located at 3400 S. Douglas Blvd., Suite 301, in Oklahoma City.



Heather Stanley, M.S.N., R.N

## WEST

Continued from Page 1

she developed her love for science in the medical field. She had been a CNA before.

"What really got me wanting to be a nurse was the respect for nurses when my son was born," she said. "Twenty-four hours after he was born he started dying. So he is now 21; he did live. I just have a respect for the nurses in the tragedy we went through with him. It kind of birthed this passion for nursing."

A nurse for 13 years, West's first job was in the field of endoscopy at a free standing clinic. Working with four doctors there was fun, she said, and she learned a lot. West also has experience in home health, in which she had a passion for wound care, she said. But most of her career has been in long-term care.

A recruiter attracted her to Willow Creek Health Care.

"I knew nothing about this place, and a recruiter was very emphatically trying to contact me," she said. "And it is an amazing fit. I'm really glad that they did."

She found the nursing staff to be nice and helpful, West said. Not everywhere she has worked before has been friendly, she continued. West felt at home when she first entered the door of Willow Creek Health Care. It was peaceful and serene, she said.

"The fact that the other staff are nice and genuinely cordial towards you is very different," said West, who highlighted patience and compassion as qualities essential to long-term nursing care. It takes the understanding that the resident who can no longer feed himself was once a person who could have been president of a large company. Their present circumstance does not define who they are as a person.

"To understand who a person was before really helps to understand them now in what they're dealing with, and how to help them live a quality life,"

West said.

They want to relate with people and to be understood, accepted and loved. It's not that hard to show somebody a tiny bit of respect and compassion, West said. Life must be hard for them when knowing the situation, they are in, she continued. A year ago, they may have been driving. West said it is a struggle for them to have to rely on others to take care of their needs on a daily basis.

Some of the residents took a liking to West right away. They continue to visit with her often, she said. The residents enjoy conversation just like anyone else.

"The highlight of their day is five minutes with somebody," West added. "I invite them in to sit and chat."

West is a very inquisitive person, she said. Her curiosity invites a love for learning, making the role as MDS coordinator the perfect fit.

West has already started her path to becoming a registered nurse. She already has some credits from Wichita State University where she once lived.

At one time she was going to become a physician's assistant. But she moved to Oklahoma where she had to wait for six months to receive in-state tuition at the University of Oklahoma.

"I was not going to wait that long," she said.

She attended OSU/OKC for a few classes, but raising a family as a single mother while working full time made her career path a long road, she explained.

"I'm nearing the end," West said. "I really don't have the drive to get my PA anymore. It just doesn't seem that's where I want to be right now."

"This is where I want to be right now," West said. "I'm pretty sure I will stay in long-term care." Interaction with residents keeps her focused.

"One of the residents on her birthday got a package. She got so excited and had to share that moment with me," she said. "They came in to my office and sat down. They had me open it. They wanted me to feel I was special enough to share that moment."



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## TENSION

Continued from Page 1

time in their life, a brief period of time in their hospital stay."

"So we get to make a big difference and get people on to a different route somewhere in a short period of time."

She said the relationships people develop working in ICU, medical surgical settings as well as long-term care is too emotionally difficult for her.

"So I like the less time. You get the intense emotion, but not the investment," she said.

A graduate of Redlands Community College in El Reno, Randall has been a registered nurse since 2004. She began working for INTEGRIS in the emergency room in 2003 at INTEGRIS South in Oklahoma City as a nurse extern in nursing school. When she earned her degree she worked at INTEGRIS Baptist Medical Center in the ER until 2011.

"Then I left the emergency room and went to the surgical admitting unit, pre-op at Baptist," she said. "And I worked there for four years."

She picked up shifts at INTEGRIS Health Edmond during her last year at INTEGRIS Baptist before serving the ER department full time in 2015.

Randall said she wants to make each patient's visit as good as possible at INTEGRIS Health Edmond. ER nurses see people in extreme situations. Each patient admitted to the ER always brings a surprise, she said.

"Like when I worked in surgery. Those people who had catastrophic things — they had some time to prepare before they came to us," Randall continued. "So people in the emergency room, if it's a devastating event, or a family member that's having a devastating event, it's certainly surprising, shocking, and sometimes one of the worse instances of a person's life."

So Randall said that's more reason to make their experiences as good as they can be. She has a talent for making people laugh, especially in grave situations. Randall said patients take comfort when seeing somebody else who is at ease enough with their jobs to make a joke.

"Like if somebody fell at their granddaughter's college graduation like I had two weeks ago," Randall said. "Here she is. She came all the way from Memphis and she crashed and burned at her granddaughter's graduation. I said that is just not the place you want to fall where you're the center of attention at your

granddaughter's graduation."

Making people comfortable with laughter is something she plays by ear. But she likes to make people laugh to break the tension at times.

And INTEGRIS is a good place to do so in one's career, she said.

"I just think that a lot of their policies are head and shoulders above other facilities' policies. They really want to take good care of patients," Randall said.

The nurses care about the quality of care they provide. They don't want to be mediocre, but to excel at a hospital that helps them achieve their personal best. Quality staff is what makes an emergency room succeed in patient care.

"We have a sense of humor that's darker than most," she said. "Most people would call it black. But in a moment of somebody being really sick, or really hurt, everybody comes and everybody has a part to play in taking care of that person."

Randall knows excellence happens in health care a lot. But with the ER staff at INTEGRIS Health Edmond, the scope is deeper and broader.

"The things that we do in a very short time can make a difference in a person's living or not living," Randall said.

Not all injuries are serious, she said, but they need to be taken care of in a quick and precise way.

All emergency room nurses, the doctors and staff surrounding them, are always a good team.

"But this team is like the cream of the crop," Randall said. "We're not just good emergency room nurses. We're like the best."

And when she's not being a nurse, Randall is liking her nine horses and her three dogs.

"I have two adult children. So what I do when I'm not here is basically — I'm outside riding the horses," she said.

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# CAREERS IN NURSING

## IN GOOD HANDS: SAFETY AND EDUCATION HALLMARK COMPASSION

by James Coburn - Writer/Photographer

The staff at Nurses to Go Home Health bring a lot of longevity to the company. Priscilla Turner, RN, is one of the points of light at the Oklahoma City company where she serves as director of Quality and Assurance.

Many of the nurses have been working together for more than 20 years and consider themselves brothers and sisters.

Turner has a knack for helping senior adults. Turner is the type of nurse that Nurses to Go Home Health wants. And so do the patients.

"I just like the way the patient gets to stay in their home," Turner said. "They don't even have to go in to the doctor. We even have now doctors that will go to the home. The best way I can help them is to make sure our nurses provide quality care."

Nurses remember they are working at the patients' homes. So they are nonjudgmental in

realizing each home is a different environment.

"As long as they are safe we have to provide the best care that they will let us," Turner said. "Sometimes that's difficult when a patient gets kind of stubborn, but we have nurses that can work around that."

The nurses help to educate each patient about their respective disease process, medicines and safety at home. Planning on how to escape a fire or tornado is part of patient care.

"The nurses will look at each patient and determine if they can get out of their home safely," Turner said. "If they are a chair-bound person or a bed-bound person, then the closest fire department to that patient's house will be contacted and given that patient's address so the fire department will know there is a person in there that can't get out."

She enjoys the interaction nurses have with their patients.

"They are so appreciative when we come to visit them. They just want to talk, talk, talk," Turner said. "I know that they have family come in and stuff like that, but to have someone outside of their family come in, it's like we get to learn about their children and what they've done in their life. They want to share that with other people."

Nurses have the willingness to go the extra mile for each patient, she said. They do not accept any type of gift or gratuity over a dollar from the patients, Turner said. Sometimes nurses will discover a patient will be lacking something, perhaps a loaf of bread.

"I personally on Thanksgiving called my patient to say I was coming to see her. She said, 'Honey would you mind stopping at the store and getting me a loaf of bread. She said, 'I'll pay you when you get here.'"

When Turner arrived, the woman

had \$2 out on the table. Turner turned to her and said, "This is happy Thanksgiving."

"And that stuff touches my heart - those kind of things," Turner said. "It's the little things like that."

She had another patient who knitted her some house shoes that she still has at home for a keepsake.

Such moments bring joy to her life and get her through a challenging week.

"We look for those nurses," said Chief Operations Officer Felicia Brooks. "I look for the old school nurses that have a heart. That's the kind of care I want. I want someone that's going to go above and beyond and for our nurses to open up that refrigerator and make sure they do have food in there."

Turner has instilled this value since she began her career in 1994. She began her career as a licensed practical nurse after graduating from

**Continued on next page**


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Priscilla Turner, RN, has a kind heart and a good eye for detail as director of Quality and Assurance at Nurses to Go Home Health.

Moore/Norman Technology Center before earning her associate degree in nursing at then-South Oklahoma City Junior College (Oklahoma City Community College). In 2004 Turner earned her Bachelor of Science in Nursing degree at Kramer School of Nursing at Oklahoma City University.

It does her heart good to work with a company on the right path. And during her days off, Turner does a lot of bird watching.

"We've got mocking birds right out here in the nest at the corner and I watched these two little babies,"

she said.

One day she feared the neighborhood cats got them. But sure enough, the momma and daddy birds had moved them to a tree right outside her window.

"They are just as cute as they can be," she said.



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Inverness Village is seeking a dedicated Registered Nurse (RN) to work in our Skilled Nursing department. As an RN, your responsibilities will include but not limited to providing direct nursing care to residents as well as supervising day-to-day nursing activities. Successful candidates must be dependable, compassionate, have good time management and communication skills and have a desire to work with the elderly. They must also have the flexibility to work various shift times to include: evenings, weekends, holidays and nights. Associates receive free access to our on-campus gym, on-going training opportunities, and a work environment rich in our philosophy of valuing associates. Working at Inverness Village can provide you with rewards that extend far beyond pay and benefits. You can be fulfilled both personally and professionally. 3800 W 71st St, Tulsa, OK 74132

**NOW HIRING FOR CHARGE NURSES. Competitive pay and benefits as well as more paid time off and a team atmosphere.**

Due to incredible growth The Highlands at Owasso is now hiring for Charge Nurses. The Highlands offers competitive pay and benefits as well as more paid time off and a team atmosphere. If you would like to work for a beautiful new facility that you can be proud of, please submit your resume and schedule a tour. 10098 NORTH 123rd East Avenue, Owasso, OK.

**We are looking for caring Licensed Practic al Nurses/ Registered Nurses**

Would you like to make a difference? Greenbrier Village is looking for caring LPN's/RN's for our residents. Currently, we need 6 PM-6AM shifts but are always looking for exceptional candidates to join our Greenbrier Family! Call HR Director Gayle Thorpe at 580-402-1734 today! 1119 E Owen K Garriott Rd, Enid, OK 73701

**NOW HIRING CERTIFIED NURSES AIDES.**

Due to incredible growth The Highlands at Owasso is now hiring Certified Nurses Aides. The Highlands offers competitive pay and benefits as well as more paid time off and a team atmosphere. If you would like to work for a beautiful new facility that you can be proud of, please submit your resume and schedule a tour. 10098 N 123rd E Ave, Owasso, OK

## 204 REGISTERED NURSE 204 REGISTERED NURSE

**We are seeking a RN**

Margaret Hudson Program is seeking a Registered Nurse with extensive and comprehensive experience in maternal-child nursing. Administrative skills required. Bachelor's Degree in nursing preferred. Position operates on a 10 month basis with summers off and all BAPS approved holidays with pay. 751 W Knoxville St. Broken Arrow, OK 74012

**We are seeking an exceptional Registered Nurse leader.**

Soon to open elegant, assisted living community on the campus of St John Broken Arrow is seeking an exceptional RN leader. Skilled in utilizing positive management, extraordinary communication skills, geriatric nursing and sense of humor! Prairie House Assisted Living & Memory Care 2450 N Stone Ridge Dr, Broken Arrow, OK 74012

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## DEAN MCGEE EYE INSTITUTE TARGETS CANCER WITH RADIOACTIVE SEEDS

*Ardmore man hopes procedure  
will save his eye and his life*



Matthew Lollman of Ardmore carefully examines fishing lures in his collection. The Ardmore, Oklahoma man with the help of a team of experts at the Dean McGee Eye Institute, Stephenson Cancer Center and OU Medicine is fighting to save his eye and his life after learning he has uveal melanoma, a rare, aggressive and potentially deadly cancer.

At first it was hardly noticeable, then a nuisance and then something much more for Matthew Lollman of Ardmore. Lollman, 44, has melanoma. It's not on his skin, though, as one might suspect. It's in his eye.

"I actually had known that I had a blind spot and didn't tell anybody for the longest time," he said.

Then at a gathering of friends, he joked about needing to buy a larger phone instead of just admitting to being over 40 and needing to have his eyes checked. That's when a friend, who is also an optometrist, offered to take a look at his eyes for free.

"Within 20 minutes, she noticed that it wasn't just a normal vision problem. Every time she flipped a different lens over my eye, it still had the same result. It was as if someone put their finger and smudged over the camera lens,"

Lollman said.

When she dilated his eyes, she noticed something more. There was a dark spot, almost like a freckle, in the back of his eye. She immediately recommended that he see a specialist at Dean McGee Eye Institute in Oklahoma City for further evaluation.

There Dr. Brian Firestone, an ophthalmologist who specialized in cancers of the eye among other things, ran some tests and made the diagnosis. It was melanoma and it was in the part of his eye known as the uvea, the middle layer of the eye wall.

"Uveal melanoma makes up only 3 percent of all cases of melanoma and occurs in just 6 out of a million people each year. So it's not real common, but we do see it," Firestone said. "The challenge is that uveal melanoma is a cancer that has the

See SEEDS page 9

## OMRF, OBI partner to fight rheumatoid arthritis



Oklahoma Medical Research Foundation scientist Judith James, M.D., Ph.D.

The Oklahoma Medical Research Foundation and the Oklahoma Blood Institute have joined forces to combat rheumatoid arthritis.

The institutes will utilize OBI's new software system, Bio-Linked, to match willing blood donors with researchers at OMRF to build a volunteer group for StopRA, an innovative U.S.-based prevention trial for rheumatoid arthritis, which is funded by the National Institute of Allergy and Infectious Diseases, part of the National Institutes of Health, through their Autoimmunity Centers of Excellence program.

Rheumatoid arthritis, or RA, is a chronic illness characterized by inflammation of the lining of the joints. The symptoms include pain, swelling and stiffness in the joints, and ultimately the disease can result in loss of function and disability. While little is known about how RA develops, studies show some people at risk for the disease can be identified through testing for an autoantibody called 'anti-CCP.'

"We know that individuals with this protein in their blood are at a higher risk," said Judith James, M.D., Ph.D., StopRA investigator, OMRF's Vice President of Clinical Affairs and chair of the foundation's Arthritis and Clinical Immunology Research Program. "But we didn't know how we could screen a large number of healthy individuals to see if they're walking around with this risk factor to address the disease before it develops. That led to this beautiful partnership with OBI."

OBI's Bio-Linked initiative has made

this early screening possible. Unveiled in late 2016, Bio-Linked is a unique software system in which OBI's generous blood donors are matched with medical research projects like StopRA.

"This was created because we know there is a great need for people who are willing to participate in research," said OBI Vice President of Quality Management and New Business Ventures Charles Mooney. "Our blood donors are the perfect people to recruit to do research because they are responsive, they care and they are willing to step up to do what needs to be done."

This partnership allows blood donors to sign up to have some of their extra serum submitted as blinded or de-identified samples to be tested for specific antibodies associated with RA. If they test positive for the CCP antibody, OMRF will contact OBI, who will reach out to the donors with more information about the study.

In the first 6 weeks of the new arrangement between OBI and OMRF, more than 3,000 people agreed to have their blood tested for the anti-CCP antibody. Out of that group, about 40 people had the risk factor and were contacted by OBI. Nearly all of them subsequently contacted OMRF to inquire about the trial.

James said the goal of the trial is to assess whether early treatment can prevent these individuals from ever becoming RA patients.

Coming off the promising initial

See OMRF page 9



## Oklahoma's Nursing Times Hospice Directory

- another free service provided by Oklahoma's Nursing Times -

**Alpha Hospice:** 7512 N Broadway Ext., suite 312  
Okc, 405-463-5695 Keith Ruminer/volunteer  
coordinator/chaplain

**Autumn Bridge Hospice:** 405-440-2440

**Autumn Light Hospice:** 580-252-1266

**Carter Healthcare & Hospice:** OKC - OKC  
Pat McGowen, Vol. Coordinator, 405-947-7705, ext.  
134; Tulsa - Samantha Estes, Vol. Coordinator,  
918-425-4000

**Centennial Hospice:** Becky Johnson,  
Bereavement Coordinator 405-562-1211

**Choice Home Health & Hospice:**  
405-879-3470

**Comforting Hands Hospice:** Bartlesville:  
918-331-0003

**Companion Hospice:**  
Steve Hickey, Vol. Coordinator, Guthrie:  
405-282-3980; Edmond: 405-341-9751

**Compassionate Care Hospice:** Amy Legare,  
Bereavement/Vol. Coordinator, 405-948-4357

**Cornerstone Hospice:** Vicky Herrington, Vol.  
Coordinator, 918-641-5192

**Crossroads Hospice:** Elizabeth Horn, Vol.  
Coordinator, 405-632-9631

**Cross Timbers Hospice:** Ardmore-  
800-498-0655 Davis-580-369-5335 Volunteer  
Coordinator-Shelly Murray

**Excell Hospice:** Toni K. Cameron, Vol.  
Coordinator 405-631-0521

**Faith Hospice of OKC:** Charlene Kilgore, Vol.  
Coordinator, 405-840-8915

**Frontier Hospice:** Kelly Morris, Vol.  
Coordinator, 405-789-2913

**Golden Age Hospice:** 405-735-5121

**Good Shepherd Hospice:** 4350 Will Rogers  
Parkway Suite 400 OKC OK 73108 405-943-0903

**Grace Hospice Foundation:** Sharon Doty, Dir  
of Spec. Projects - Tulsa 918-744-7223

**Harbor Light Hospice:** Randy Pratt, Vol.  
Coordinator, 1009 N Meridian, Oklahoma City, OK  
73107 405-949-1200

**Horizon Hospice:** LaDonna Rhodes, Vol.  
Coordinator, 918-473-0505

**Heartland Hospice:** Shawnee: Vol. Coord. Karen  
Cleveland, 405-214-6442; OKC: Vol. Coord. Tricia  
Woodward, 405-579-8565

**Heavenly Hospice:** Julie Myers, Coordinator  
405-701-2536

**Hope Hospice:** Bartlesville: 918-333-7700,  
Claremore: 918-343-0777 Owasso: 918-272-3060

**Hospice by Loving Care:** Connie McDivitt,  
Vol. Coordinator, 405-872-1515

**Hospice of Green Country:** Tulsa:  
918-747-2273, Claremore: 918-342-1222, Sapulpa:  
918-224-7403

**INTEGRIS Hospice, Inc. & the INTEGRIS  
Hospice House:** Ruth Ann Frick, Vol.  
Coordinator, 405-848-8884

**Hospice of Owasso, Inc.:** Todd A. Robertson,  
Dir. of Marketing, 877-274-0333

**Humanity Hospice:** Sala Caldwell, Vol.  
Coordinator 405-418-2530

**InFinity Care of Tulsa:** Spencer Brazeal, Vol.  
Director, 918-392-0800

**Indian Territory Home Health & Hospice:**  
1-866-279-3975

**Interim Healthcare Hospice:** 405-848-3555

**Image HealthCare :** 6116 S. Memorial Tulsa,  
Ok. 74133 (918) 622-4799

**LifeChoice Hospice:** Christy Coppenbarger,  
RN, Executive Director. 405-842-0171

**LifeSpring In-Home Care Network:** Terry  
Boston, Volunteer and Bereavement Coordinator  
405-801-3768

**LifeLine Hospice:** April Moon, RN Clinical  
Coordinator 405-222-2051

**Mercy Hospice:** Sandy Schuler, Vol.  
Coordinator, 405-486-8600

**Mission Hospice L.L.C.:** 2525 NW Expressway,  
Ste. 312 OKC, OK 73112 405-848-3779

**Oklahoma Hospice Care:** 405-418-2659  
Jennifer Forrester, Community Relations Director

**One Health Home Health in Tulsa:**  
918-412-7200

**Palliative Hospice:** Janet Lowder, Seminole, &  
Sabrina Johnson, Durant, 800-648-1655

**Physician's Choice Hospice:** Tim Clausing,  
Vol. Coordinator 405-936-9433

**Professional Home Hospice:** Sallisaw:  
877-418-1815; Muskogee: 866-683-9400; Poteau:  
888-647-1378

**PromiseCare Hospice:** Angela Shelton, LPN -  
Hospice Coordinator, Lawton: (580) 248-1405

**Quality Life Hospice:** 405 486-1357

**RoseRock Healthcare:** Audrey McCraw,  
Admin. 918-236-4866

**Ross Health Care:** Glenn LeBlanc, Norman,  
Chickasha; April Burrows, Enid; Vol. Coordinators,  
580-213-3333

**Russell Murray Hospice:** Tambi Urias,  
Vol. Coordinator, 405-262-3088; Kingfisher  
405-375-5015; Weatherford-580-774-2661

**Seasons Hospice:** Carolyn Miller, Vol. /  
Bereavement Coordinator, 918-745-0222

**Sequoyah Memorial Hospice:**  
Vernon Stone, D. Min. Chaplin, Vol. Coordinator,  
918-774-1171

**Sooner Hospice, LLC:**  
Matt Ottis, Vol. Coordinator, 405-608-0555

## OMRF

Continued from Page 8

response, OMRF and OBI are working to secure funding for another round of screening.

"It is enormously rewarding for the Oklahoma Blood Institute to partner with Dr. James and OMRF in their valuable rheumatoid arthritis research," said OBI President and CEO John Armitage, M.D. "Our donors have always been amazingly generous in giving blood to care for patients, but through this study, they are helping find ways to prevent disease symptoms from ever appearing in people with risk factors. This is a perfect public health

collaboration whereby our healthy and willing volunteers are matched with brilliant scientists looking for people to help them unlock new medical treatments."

If you are interested in participating in StopRA or would like more information, please call (405) 271-7221 or email [Virginia-roberts@omrf.org](mailto:Virginia-roberts@omrf.org). For more information on OBI's Bio-Linked initiative, visit [Bio-Linked.org](http://Bio-Linked.org).

"Preventing this disease from taking off would be life-changing not only for the individuals, but also their friends and families," said OMRF President Stephen Prescott, M.D. "This powerful partnership positions us to do something about it."

## SEEDS

Continued from Page 8

potential to spread from the eye to other parts of the body. So it really is best to treat it promptly."

Firestone said there are three main goals in treatment: 1) Save the patient's life 2) Salvage the eye when possible 3) Retain as much useful vision as possible

Lollman and his wife quickly began to research his condition and what they learned was sobering.

"While other tumors tend to grow and then spread, ocular melanoma is different in that it spreads from the beginning. The moment it became a tumor, it spreads through your blood system," Lollman said.

Being very aware of the risk the cancer posed to his life, Lollman weighed his options. He considered having his eye removed. However, Firestone offered another option that would allow him to keep his eye - radioactive plaque therapy.

"This treatment utilizes a small disc containing radioactive seeds surgically placed onto the eye over the tumor. Each plaque is custom-designed based on the size, shape and location of the tumor. The plaque remains on the eye for about 4 days and is then surgically removed. So no radiation remains on the eye after the treatment," Firestone explained.

Lollman and his wife decided it was the best option for him. So a team of experts was assembled, included Dr. Firestone and his colleagues at Dean McGee Eye Institute, Tania De La Fuente Herman, Ph.D., a radiation specialist with Stephenson Cancer Center and the surgical

support team at OU Medicine Surgery Center.

De La Fuente Herman carefully calculated the radiation dosage for the seeds that were then incorporated into the plaque. Next, the plaque was surgically implanted in Lollman's eye in an operating room at the Surgery Center. Dr. Firestone also took a small sample of the tumor so that they could do special DNA testing on it. Four days later, Lollman returned to the OR and the plaque was removed.

"The prognosis going forward is pretty good," said Lollman with a tone of optimism in his voice.

He hopes to learn in 3 to 6 months that the tumor is shrinking. He knows that his vision in that eye may never be perfect, but he is grateful to his medical team and especially thankful his friend offered him a free eye exam.

"The worst that could have happened is that I could have died on my couch not having known what was going on," he said.

Firestone said that Lollman's story, though relatively rare, is actually not unusual.

"Oftentimes, these patients either had no idea there was a problem in their eye or thought they lost vision because of another eye condition. They never expected to be diagnosed with an eye cancer," Firestone said. "I get to help them through that with compassion and confidence. I get to help patients through a real crisis in their lives and that's rewarding."

The public may view a video of Lollman's story at this link: <https://youtu.be/nFAnzFo9MRM>

The Hospice Directory above does not represent a list of all Hospice facilities statewide. For a complete list visit [www.ok.gov/health](http://www.ok.gov/health)



## ANA Enterprise Launches Healthy Nurse, Healthy Nation Grand Challenge

Today, ANA Enterprise CEO Marla J. Weston, PhD, RN, FAAN, released the following statement to mark the launch of the Healthy Nurse, Healthy Nation (HNN) Grand Challenge, a new initiative designed to transform the health of the nation by improving the health of America's 3.6 million registered nurses.

"As the nation's most honest and ethical profession and its largest group of health care professionals, nurses know the importance of serving as healthy role models for the patients and communities they serve. However, in a number of significant indicators, nurses are less healthy than the average American. Nurses are more likely to be overweight, have higher levels of stress, and get less than the recommended hours of sleep due to the demands of shift work.

"The ANA Enterprise is leading the way to improve the health of nurses through Healthy Nurse, Healthy Nation, which will connect nurses, employers of nurses, state nurses associations, and specialty nurses associations to resources specifically designed to address the unique health challenges nurses face. We're inspiring action and creating a national movement to live up to our commitment to ensure the health and wellness of our nation." Visit [www.healthynursehealthynation.org](http://www.healthynursehealthynation.org) for more information.



ANA Enterprise Chief  
Executive Officer Marla J.  
Weston, PhD, RN, FAAN



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](mailto:news@okcnursingtimes.com)*

**Q. I recently met a woman who I really like. She has many of the qualities I am looking for (I finally became realistic to the fact that no one has all of them). Here is my question: She has been single 15 years and seems very comfortable with her life yet she has voiced a desire to get to know me better. I wonder what lies in our future?**

**-----Dennis**

A. Dennis goes on to share the following: "I have been meeting women online and have connected with some interesting personalities. But one conundrum perplexes me; we meet for dinner, seem to have a good time with lots of interesting conversation. So I think we are going out again soon and she informs me that she really doesn't have a lot of free time. Maybe we can get together next week.

I have found this to be true with several women. They put their profile online giving the impression they want to form a relationship and then don't seem to have the time. Maybe they have been single so long that their lives are in good working order; they want companionship but don't seem to really need it.

I would like to find someone and have a serious, committed relationship with the possibility of marriage one day. I have a lot of free time.

I was having date number three with the woman that I really liked. She was intelligent, funny, empathetic and playful. I told her that I was looking for someone to spend more time with and develop a serious relationship, maybe live together and hopefully marry. She looked stunned, took a deep breath and said, "I really haven't thought that serious about the future, maybe I should have because clearly you have it all figured out."

She sent me an email (after doing some thinking) and said maybe our timing was off. She was not thinking about me in the same way I was thinking about her. She was not interested in any more dates.

So here again is the conundrum.....if you have a profile online wanting to meet someone and you do but you haven't really thought about what you are doing.....maybe you shouldn't be looking for someone."

Well Dennis here is something my friend Kim posted on Facebook that might be helpful:

People who have been single for too long are the hardest to love, because they have become so used to being single, independent and self-sufficient that it takes something extraordinary to convince them that they need you in their life.

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Carlie Haight, RN

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*Probably a cook or a chef.*



Stephanie Lowe, RN

*What I do already with my husband - a worship leader.*



Jill Hughes, RN

## St. Anthony Welcomes Sonia George, Nurse Practitioner

St. Anthony Hospital is pleased to welcome Sonia George, APRN-CNP, to the practice of St. Anthony Physicians Group Gastroenterology.

George is certified by the American Academy of Nurse Practitioners Certification Board. She received her nursing degree from Mahatma Gandhi University, Govt. College of Nursing in India. She then completed a Master of Science in Nursing with special distinction from the University of Oklahoma Health Sciences Center. She has experience in diagnosis and treatment of disorders of the esophagus, stomach, small intestine, colon, liver and gallbladder, and has a special interest in health promotion and disease prevention.

St. Anthony Physicians Gastroenterology is located at 608 N.W. 9th St., Suite 3206, in Oklahoma City.



Sonia George, APRN-CNP



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