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Tony Sword is 'One Sharp Nurse'



photo by Vickie Jenkins

Tony Sword RN, feels honored to be named as Nurse of the Year at Deaconess hospital.

by Vickie Jenkins

Congratulations to Tony Sword, 'one sharp RN' that has been named Nurse of the Year at Deaconess Hospital. Sword was chosen nurse of the year out

of eight exemplars showing significant contributions to the profession of nursing. The winner was announced on May 13, 2015 in the Deaconess Legacy Conference room. "It is a great honor to be chosen as Nurse of the

Year," Sword says. "I was surprised when they called my name, especially since I was up against the other nurses. I consider each one of them an excellent nurse and each nurse could have been given the honor," he said.

"They are all so deserving of it," he added.

Sword has been a nurse for a total of 9 years. Graduating from Southern Nazarene College, he had always been interested in medicine and the medical field since

Making the most of life  
*Life Choice Hospice provides the way*



photo by James Coburn

Kathy Sneed, RN, was recently promoted to director of clinical care services at Life Choice Hospice in Oklahoma City.

by James Coburn, Staff Writer

Years ago, hospice was not Kathy Sneed's cup of tea, she said.

"I didn't think I could deal with it because I worked in trauma for so long that it was hard. You had those patients that were dying," said Sneed, RN, director of clinical care at Life Choice Hospice in Oklahoma City. "Most of the ones there resulted from traumatic accidents that obviously cost them their lives."

Families didn't have time to adjust to the shock of losing a loved one, she said. So it was hard to have to explain to a family that their loved one would not survive.


"From that, I always thought, 'No. I just don't think I could do hospice. Somebody is dying all the time.'"

She found the case is different with hospice. Most families and their loved one already know there will be a loss of life

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**Oklahoma's NURSING TIMES**



## SWORD

Continued from Page 1

high school. He continued his education to become a nurse. His leadership clinicals were done at Deaconess. He was at OU for his Medical-Surgical Nursing and came back to Deaconess where he has been the lead ER nurse for the past 2 years. A few months ago, he became Manager of the ER. "Did you have a mentor in nursing school?" I ask. "Several of my friends were my mentors at the time and I looked up to them in several ways," he replied.

Sword enjoys spending time with his wife and 2 daughters, 5 and 7 years old. Both of his daughters are into soccer. When possible, camping is one of their favorite past times. He enjoys deer hunting in the winter months. He also likes to barbeque but not the everyday barbequing that most people know of. Sword and his dad are a team and travel to different places in Oklahoma and Arkansas, doing competitive barbequing. The name of their scrumptious temptations is Super Swine with the logo of a pig wearing a cape. From my understanding, Sword can make

some pretty tasty ribs. Just ask any of his co-workers.

I asked Sword to describe himself in 3 words. "Caring, appreciative and understanding," he replied. "I am a caring person and like to help people. I appreciate my friends and co-workers as they encourage me along the way and I am a very understanding person."

Sword feels like his strongest asset is his ability to be a team leader. "It is all about teamwork. My co-workers make up my team and I owe so much to them. We work together and we are strong," he replies. Sword feels like his co-workers are very important. His friends are the ones that encourage him and have a great impact on him. "In fact, some of my co-workers are the ones that encouraged me to apply for ER Manager and I did and look what happened? I am encouraged by my encouragers," he said with a smile.

"What qualities make a good nurse?" I ask Sword. "A nurse needs to have empathy, understanding and compassion. A nurse needs to be friendly and that is one thing we try to make sure that all of our nurses are; friendly to their patients."

A typical day for Sword is him

dealing with a variety of different tasks in the ER. Sometimes, the ER doesn't run like it's expected. "There is the issue of juggling the required tasks and then adding the everyday last-minute emergencies that arise. On a personal note, I try to maintain everything and try to be motivated, going above and beyond with my work."

"What advice would you give to someone going into the medical field?" I ask Sword. "First of all, I would tell them to be bold and not be afraid to ask questions. Know that you will become an advocate for your patients." The most rewarding part of Sword's job is hearing the patients that he has taken care of coming back to Deaconess, just for a visit and a thank-you. "I also get praises from the staff and my co-workers. It is nice to hear such encouraging words. That is what I consider the most rewarding part of my job." Sword stated.

"If you gave someone words to live by, what would those words be?" I ask Sword. "Whatever you do in life, make friends along the way," he said with a bit of a smile and a lot of confidence. Congratulations to 'one sharp nurse,' Tony Sword!

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# CAREERS IN NURSING

## WHERE THE HEART IS: SEASONED NURSE SETS COURSE IN HOME HEALTH

by James Coburn - Writer/Photographer

Betsy Williams, RN, is new to Companion Home Health after having always worked in hospitals since she graduated from Platt College in 2008.

"It's just something different, a change of pace," said Williams, case manager at Companion Hospice, with offices in Guthrie and Oklahoma City.

"I really like it. You get a lot closer with the patients. It's different because you're entering their world instead of them entering yours. It's a whole new ball game, really," Williams explained.

She has worked in med/surg and intensive care at a couple of large metro hospitals. Now as case manager, she sees a continuity of care from start to finish with her patients.

"You are the doctor's eyes and ears obviously since you're going into a home," Williams said. "So with a lot of it, it's good to have the hospital experience because you have seen the disease process. A lot of it is more

preventative when you're going into the homes. I think that's why I like it, because I can see earlier in the disease process."

Sometimes a patient might need a little bit of extra care after having a knee replacement or other procedures. And they seem to be a lot more compliant to follow-up care when staying in their own homes for recovery, Williams said.

A home health nurse can tell when their patient is not following medical advice. A patient living with congestive heart failure will develop too much water in their system resulting in feet and limbs that are swollen.

"If they say they're not eating salt, they're probably not telling the truth," Williams said.

Nurses can better control a patient's diet that is delivered to a hospital room. But most of the time, home health patients remain compliant because they must agree to be on

home health, Williams said.

"Patients who agree to be in home health want to get better," Williams said. "They're their own advocate."

A disease process determines the length of stay for a person enrolled in home health, she said. Companion Hospice has had some patients who have been part of home health for months due to the need for dressing changes every day, Williams continued.

"And then we've had patients that were on it for two weeks who wanted that little bit of help once getting home from the hospital," Williams said. "But the average is five to six weeks."

Williams chose to work at Companion Home Health because of the people who work there. Guthrie is a small, closely-knit town where everybody knows that Companion is a great company for a career, Williams said.

"I know they're really good to

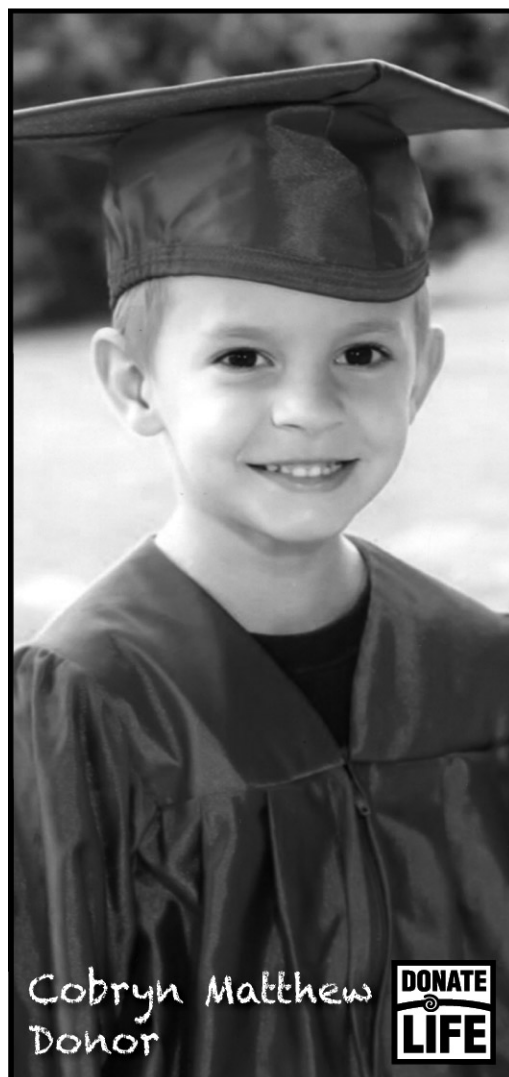
their employees. I've always heard of the great things they do for their employees," Williams said. "And everybody is super friendly and super nice. You know, it just comes down to being about the patient."

Williams said she has seen Companion Home Health accept patients who are without insurance and "eat the cost." Companion Home Health is a compassion-driven business serving humanity, she said. It's never about quantity of the money. Companion is not about how much money can be made quickly, she said.

"It's truly about the people," she said. "They're great to their employees and their patients. Everybody here is like family. Everybody gets along. There's no drama. It's nice."

She admires the nursing staff for going above and beyond their line of duty for a patient. She has seen that with all the nurses she has met at Companion, Williams said.

**Continued on next page**



Cobryn was more than the typical 4 year old full of questions, curiosity, wonder and dirt. He was the definition of love and light. From his love of ladybugs to animals to his sisters, he filled every moment of our life with beautiful memories for us to cherish. It's impossible to put into words his amazingness. We will forever miss his "snuckles", hearing him say "my love you", his bubble beards at bath-time, and even his crazy toenails.

We continue to be amazed by the impact of Cobryn's 4 short years in this world. Even from heaven Cobryn shows us how to find light in the darkness and happiness in the simplest of things. We think of him as living in the hearts of those he touched through his generous donation. Keep sending us your pennies and signs from heaven, sweet boy!

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Betsy Williams, RN, enjoys the change of pace she experiences in her new home health career after seven years of fruitful learning in hospitals.

#### Continued from Page 4

"You have to have a lot of knowledge to do home health because you're it," she said of working independently. "You don't have a doctor right behind you that you can look at and say, 'What do you think?'"

She gathers all the details of patient care when in a home and communicates it to a physician.

"The nurses here are very knowledgeable. I've worked in med/surge and ICU and I'm still learning stuff here," Williams said.

She also learned about nursing

from her step mother, who inspired Williams' interest in the career. Her step mother serves in the ICU as a registered nurse at Kindred hospital in Oklahoma City.

"I always thought it was really neat. She'd come home and tell us stories," Williams said. Williams is on-her-toes most of the day, but when not working is all about family, she said.

"We like to go to the lake with the whole family, my brother and kids. We all share a lake house and we try to go up there as much as we can in the summer time," Williams said.

## SNEED

### Continued from Page 1

when they choose hospice care, Sneed said.

She explains to them that qualifying for hospice care generally means that the patient must have an illness that will result in death within six months.

"For the most part, they already know that they're dying," she said. "And it's a lot easier for me now than it was before I started because I didn't think that I could do it. Now I know I can."

Sneed's experience as a registered nurse has varied from trauma, labor and delivery and intensive care in most of the hospitals in Oklahoma City. She also worked in home health and for the Oklahoma Department of Corrections, going to women's prisons.

Her non judgemental approach to patients has served humanity well by respecting the dignity and value of those she has cared for as a nurse. Her experience has galvanized into a recent promotion at Life Choice Hospice in Oklahoma City. Sneed has been named the director of clinical services there after serving as a case manager.

"Everybody grieves differently," she said. "Some families are ready and some aren't. But it does help to be non judgemental in homes or in the facilities where patients are."

Grief is a natural human emotion that people experience at some point in life, she said. Everyone has their own timing for grief. A person cannot just snap out of it.

"It's kind of hard," Sneed said in her Life Choice office at 50 Penn Place.

Hospice nurses need to be flexible, she said. They need to be caring and compassionate to receive hospice calls for assistance in the middle of the night, Sneed said.

"So all those kinds of questions

we do ask our applicants when they come," she said. "Basically, we want them to be compassionate and caring. They obviously have to be a team player."

Emotions continue to get the better part of hospice nurses at times, she said, especially when attending to a death when becoming close to family members.

"But I really love hospice," said Sneed, who enjoys sewing.

Sneed has been with several family members and their loved ones who have passed away. And she still sheds a tear. But hospice families have inspired her because they have reached a deeper understanding of life. Life Choice has given them time to think and adjust as much as possible. And Sneed values being part of that.

"You learn to deal with it and sink in. And so, it's a lot easier on them, which in-turn makes it easier on us."

Life Choice nurses try to explain the different stages of the grieving process. A chaplain is also available in the circle of care. They collaborate when noticing a particular family has a hard time accepting the death of a loved one.

"We all pitch in as an interdisciplinary team," she said. This team spirit also helps the nursing staff as well.

"Everybody here knows they can lean on each other if they're going through hard times," Sneed said. "If they've got a patient that is really close to them, they know we're there for them. And that's what I love about this team. Ever since I've been here, everybody has gotten along. Everybody works together. And that's the way I want it to be and continue."

"When I look for new nurses coming in, they have to have the ability to do that and to want to, because it's not all about us. It's about the families and the patients."

## St. Anthony Hospital Appoints Robert Rader, M.D., as Chief of Staff

Robert Rader, M.D., has been appointed Chief of Staff for St. Anthony Hospital.

Board certified in Family Medicine, Dr. Rader graduated from pharmacy school at Southwestern Oklahoma State University in Weatherford and medical school from the University of Oklahoma, completing the program in 1998. He completed his residency in family medicine at St. Anthony Hospital, where he remained on staff as a teaching physician after residency.

Dr. Rader is also currently the Senior Medical Director of the Mark 5 Care Group hospitalist program, and is the Regional Medical Director of Informatics as well as the Medical Director for Clinical Integration where he works with rural hospitals coordinating care of patients.

Dr. Rader will serve a two-year term as Chief of Staff and will be succeeded by Chief of Staff Elect Chad Borin, D.O., in 2017.

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**Now taking applications for Certified Nurse Assistants and Certified Medical Aides positions for all shifts. We are also taking applications for 11-7 Licensed Practical Nurse.**  
 Forrest Manor Nursing Center is now taking applications for CNA and CMA positions for all shifts. We are also taking applications for 11-7 LPN. Come join a team of long term employees who take pride in providing excellent care to our residents. Rate of Pay is as follows: 3p to 11p - \$11/ 11p to 7a - \$11.25 / Weekend \$12. Please apply at 1410 N Choctaw St, Dewey, OK 74029

**REWARDING JOB OPPORTUNITIES working with people with disabilities. Full time, part time, evenings and weekends.**  
 Springs Inc., 222 N. Main, Sand Springs, OK 74063. 918-241-0236

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 HERITAGE COMMUNITY, a skilled nursing/assisted living facility is now hiring full time and part time LPNs, RNs, and CNAs. Please apply in person at: Heritage Community 1401 North Lelia Street, Guymon, OK 73942 EOE

### 140 GENERAL NURSING

**Registered Nurse needed Thursday-Sunday 6am-2pm shift. Certified Medical Assistant needed Friday-Sun 10pm - 6am shift, Certified Nurse Assistants all shifts.**

**HELP WANTED! COWETA Manor Nursing Home RN needed Thursday-Sunday 6am-2pm shift. CMA needed Friday-Sunday 10pm-6am shift, CNAs all shifts. We welcome you to join our family friendly facility! Sign on bonus offered for CNAs and CMAs. Call Tammy for interview 918-486-2166. 30049 E 151st St S Coweta, OK 74429-4544**

**We Are Currently Accepting Applications For These Positions: Director Of Nursing, 7am-3pm Certified Nurse Assistant, 7 A-3p Certified Medical Assistant, 7 A-3p Licensed Practical Nurse, 3pm-11pm Overnight Nurse, Licensed Practical Nurse, Sunday-thursday Prn Staff Part Time Certified Nurse Assistant, Saturday and Sunday**  
 University Village Retirement Center 8555 S. Lewis, Tulsa, OK 74137. Equal Opportunity Employer

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## 140 GENERAL NURSING


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**Registered Nurse and Licensed Practical Nurse Opening! Night Shift.**

Jim Taliaferro. State employment and benefits. Pay DOE. 602 S.W. 38th St. Lawton, OK 73505. 580-678-5930.

## 140 GENERAL NURSING

**We Are Taking Applications For Certified Nurse Assistants, Charge Nurse And Part Time Activities Director.** Apply in person: Broken Arrow Nursing Home 424 N Date Ave, Broken Arrow, OK 74012

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Great Working Environment! Cimarron Pointe Care Center is now hiring Nurses. Competitive salaries and benefits including BC/BS. All shifts are available. We are looking for nurses with strong leadership skills to join our team. Come join our dynamic staff! Call 918-865-7701 and ask for Debora or Tammy. 404 Cimarron Dr, Mannford, OK 74044

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## 140 GENERAL NURSING

**Now taking applications for Certified Nurse Assistant and Certified Medical Assistant positions for all shifts. We are also taking applications for 11-7 Licensed Practical Nurse**

FORREST MANOR NURSING CENTER is now taking applications for CNA and CMA positions for all shifts. We are also taking applications for 11-7 LPN. Come join a team of long term employees who take pride in providing excellent care to our residents. WE NOW OFFER the following: Medical, dental, vision, life, disability, cancer insurance, vacation and holiday pay. Bonus Pay for extra shifts, weekly and monthly awards for performance. Rate of Pay is as follows; 3p to 11p-\$11/ 11p to 7a-\$11.25/Weekend \$12. Please apply at 1410 N Choctaw Street, Dewey, OK

**Now hiring a part-time afternoon yard maintenance person.** HERITAGE COMMUNITY, a skilled nursing/assisted living facility is now hiring a part-time afternoon yard maintenance person. Please apply in person at: Heritage Community 1401 N Lelia St, Guymon, OK 73942 EOE

## 140 GENERAL NURSING

**We Are Currently Hiring Licensed Practical Nurses** Monroe Manor is currently hiring LPN's @ \$17.50 for all shifts. Apply in person at 226 E. Monroe St. Jay, OK, EOE

**We are Seeking Nurse Aides, Cooks, Licensed Practical Nurses and Weekend Housekeeper** for Brookhaven Extensive Care in Norman. Great benefits and competitive pay. Please apply in person at: 1050 Rambling Oaks Drive, Norman, OK 73072 or call (405) 292-2273.

**We have an immediate opening for a PRN Nurse Practitioner Muskogee/Tulsa, Oklahoma and Surrounding Area** CIMA HOSPICE (formerly Professional Home Hospice) has an immediate opening for a PRN Nurse Practitioner for face-to-face encounters. Hospice/ Home Health experience is preferred but not required. Qualified applicants can apply by faxing their resume to 918-516-0700. 907 S. Detroit Avenue, Suite 905, Tulsa, OK 74120

## 140 GENERAL NURSING

**We Are Looking For A CNA Days and A Certified Nurse Assistant For Weekend Doubles.**

**We Also Have An Licensed Practical Nurse Open For 10 To 6 Shift.** WILLOW HAVEN Nursing Home. We are looking for a C.N.A days and A C.N.A for weekend doubles. We also have an L.P.N open for 10 to 6 shift. If you are tired of not being a team, come work for us. We are a small home with a home like atmosphere. 1301 N 5th, Tonkawa, OK 580- 628-2529

**We are taking applications for Registered Nurses, Licensed Practical Nurses, Certified Medical Assistants and Certified Nurse Assistants.**

Artesian Home of Sulphur is taking applications for RNs, LPNs, CMAs and CNAs. Please apply in person at 1415 W 15th between 8:00AM to 4:00PM Monday thru Friday. Ada, OK 74820

**Certified Nurse Aides & Certified Medication Aides**

**can earn up to \$11.00 to \$11.50 an hour. All shifts available.** IMMEDIATE ON site training for DDCNA's at Billings Fairchild Center. Certified Nurse Aides and Certified Medication Aides can earn up to \$11.00 to \$11.50 an hour. All shifts available. Call Doris McAbee at 580-725-3533. E Maple St, Billings, OK 74630. EOE

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## 140 GENERAL NURSING

**We have an immediate opening for a hardworking, full time 10 PM - 6 AM Licensed Practical Nurse** TEN OAKS A Brookdale Senior living community, has an immediate opening for a hardworking, full time 10 PM-6 AM LPN. Please fill out application at 3610 SE Huntington Cir., Lawton, OK. No phone calls please. EOE.

**Now accepting applications for Full-time/Part-time 7-3, 3-11 and 11-7 shifts Certified Nursing Assistants and Certified Medical Aides. We offer competitive**

**benefits/wages in a positive, friendly work environment.** Corn Heritage Village is now accepting applications for FT/PT 7-3, 3-11 and 11-7 shifts CNA's and CMA's. We offer competitive benefits/wages in a positive, friendly work environment. Contact Melissa 580-343-2295 or 106 W Adams in Corn, OK.

## 140 GENERAL NURSING

**We are seeking ACMA for the following positions: 3-11 Monday-Friday 11-7 Tuesday-Saturday (may be flex) Weekend Doubles. 7-3, 3-11 Also a Nurse Aide.**

North County Assisted Living in Collinsville seek ACMA for the following positions: 3-11 M-F 11-7 Tues-Sat (may be flex) Weekend Dbles. 7-3, 3-11 Also a Nurse Aide Exp. req. Self motivated. Call Shannon at 918-371-1919. 523 N 22nd St, Collinsville, OK 74021

**We Are Looking To Add Licensed Practical Nurses For 2-10 And Night Shift. Also Hiring Certified Nursing Assistants.**

The Bartlesville Health And Rehab Community Family Is Looking To Add Lpns For 2-10 And Night Shift. Also Hiring CNAs. We Offer Major Medical, Dental And Vision To Full Time Employees. As Well As Payroll Deductions Such As Scrubs And Shoes. Come Apply At 3434 Kentucky Place, Bartlesville, OK 74006

## 140 GENERAL NURSING

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## 204 REGISTERED NURSE

**We are looking for Registered Nurse, Director of Clinical Services,** Entrusted Hearts by Baptist Village, Lawton. Medicare and home health experience preferred. 60 N.W. Sheridan Road Suite 6 Lawton, OK 73505

**We are currently hiring Registered Nurses Weekdays and Weekends**

Monroe Manor is currently hiring RN weekdays \$27 per hr. and RN weekends \$33 per hr. Apply in person at 226 E. Monroe St. Jay, OK, EOE

# Oklahoma's NURSING TIMES

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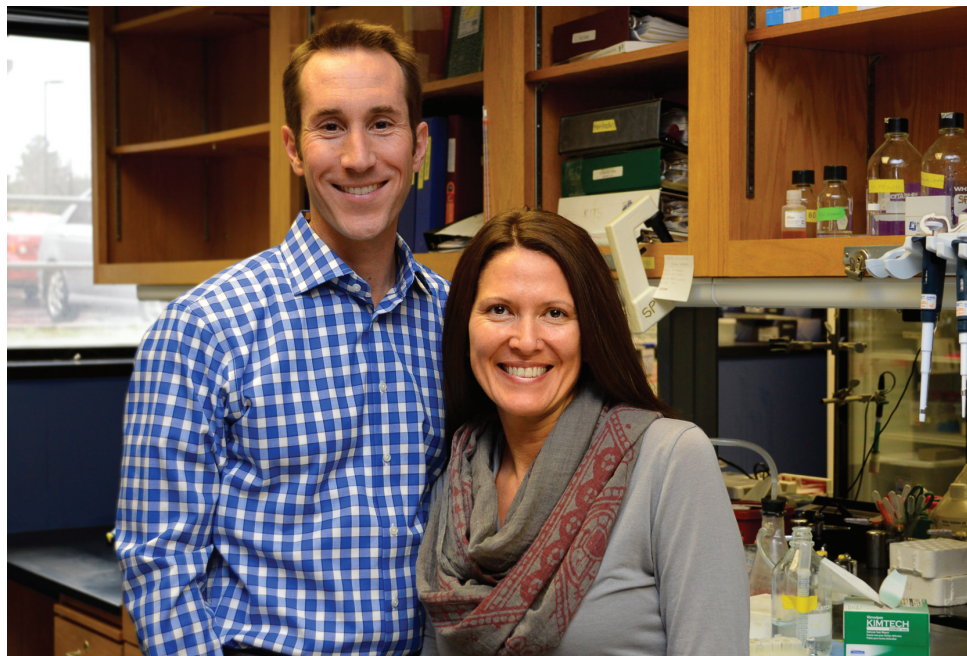
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# Oklahoma's NURSING TIMES



# Research teamwork: Balancing love, life and the lab



Scott and Kendra Plafker

Scott and Kendra Plafker have been married for 17 years. But this year marked a milestone that precious few couples ever celebrate: Their first scientific paper co-authored by just the two of them.

"We've had plenty of papers with both our names on them, but it was special to be able to publish something on our own, just the two of us," said Scott Plafker, Ph.D., R.Ph., a researcher in the Free Radical Biology & Aging Research Program at the Oklahoma Medical Research Foundation.

Together with his wife, Kendra, Plafker works at OMRF studying age-related macular degeneration, the leading cause of vision loss among elderly Americans. The couple is searching for ways to prevent and improve the treatment of the eye disease.

For many wives and husbands, working together might prove a recipe for disaster. But for the Plafkers, they've built a successful partnership in the laboratory by defining what each spouse is responsible for.

He sets the overall direction of the research, designing experiments and writing the grants that fund the projects. Meanwhile, she manages the day-to-day operations of a six-person lab that conducts the experiments.

"The goal is to have somewhat defined roles that complement one another so we can be as efficient as possible," said Kendra. "We've done it long enough now that we have figured out how to strike the right

balance. It just took time."

The pair met in the early 1990s, when she was a lab technician and he a graduate student at Johns Hopkins University in Baltimore. They married in 1997 and relocated to the University of Virginia and, ultimately, to Oklahoma in 2003, when he accepted a position to run his own lab and she became his lab manager.

That transition, said Kendra, proved challenging. "We had worked side-by-side in the lab for years but on totally different projects. Once we moved to Oklahoma, everything was the same: the same projects, the same work schedule. That was a little weird to not have our own niches."

Over time, though, the two figured out how to strike a balance by dividing up responsibilities. It's similar to how they handle things on the home front, where Kendra cooks and manages finances, leaving laundry and cleaning detail to Scott.

"I'd definitely say Kendra is more in charge of big-picture things at home, and I'm more detail-oriented," said Scott. "Our roles are completely reversed from how they are at work. At home, you could say I'm basically a teenager with an ATM card."

In the lab, their successful collaboration has most recently led to the Plafker-and-Plafker-authored paper in the journal *Molecular Biology of the Cell*. The research study focuses on one of the main molecules they've been studying at OMRF.

That molecule, known as NRF2,

is a powerful protein that's in every cell in the body but is unable to operate or move until it's released by a chemical activator. Understanding how it migrates into the nucleus of the cell and binds to DNA, said Scott, could help scientists gain a deeper understanding of a variety of illnesses, including macular degeneration.

"To use a military reference, the protein NRF2 is like a general that is responsible for keeping the cells in our body safe from stress," said Scott. "NRF2 orchestrates the troops — the many distinct types of anti-stress proteins in a cell — to work in a coordinated manner so they can effectively neutralize stress."

Their manuscript has uncovered a new mechanism that regulates NRF2 to work more efficiently and better protect cells. Decreases in the NRF2 defense system have been linked to age-related macular degeneration and to other neurodegenerative conditions,

including Alzheimer's, Parkinson's and Huntington's disease.

While working together 45-50 hours each week might drive some couples to seek "alone time" off the job, the Plafkers also enjoy many joint pastimes, including playing Scrabble, binge-watching shows on Netflix and traveling across Europe. They usually commute to and from work as a couple and can be found just about every day eating lunch together in the OMRF cafeteria.

Spending so much time with each other might not work for all couples, but, said Kendra, "It's the only way we've ever known." In fact, when Scott changed labs for a brief time, they realized just how much they cherished their hyper-interactive partnership.

"Only seeing each other on the way in to work, at lunch and on the drive home—that was weird and lonely," Kendra said.

## Targeting Recurrent Cancer

*OU research points to way to help prevent cancer's return*

When bad guys want to elude capture, they may hole up and lie low. Researchers at the University of Oklahoma Health Sciences Center believe it may be much the same with cancer after traditional treatment. Now, they've uncovered a way to target dormant cancer cells where they hide.

The OU team is led by Robert E. Hurst, Ph.D., professor of Urology and director of Basic Research at the OU College of Medicine, and by Michael Ihnat, Ph.D., associate professor of Pharmaceutical Sciences with the OU College of Pharmacy. Both also are members of the Stephenson Cancer Center.

"While treatment of cancer has advanced, cancer-specific survival has changed remarkably little over the past half century. That is mainly because our treatment models are all aimed at primary tumors, and that's not what kills people. Ninety percent of patients die of metastatic disease that is resistant to most of our cancer drugs. Even if not initially resistant, it often soon becomes resistant," Hurst said.

Hurst and his team hypothesized that the cells responsible for cancer's later return may be lurking in the body on the extracellular matrix. The matrix is a collection of molecules

outside of the cells that provides structural and biochemical support to those surrounding cells. The OU team discovered that the micro metastatic cells are initially suppressed while on the extracellular matrix, but eventually are again able to multiply and spread.

"Until that happens, they are just sitting there like ticking time bombs - ticking time bombs that turn into metastatic tumors a month, 10 months, a year, even 10 years later," Hurst said. "There are elements in the extracellular matrix that keep cancer cells from growing. So we said, 'if this is so, then can we identify drugs that target these cells before they form metastatic tumors?' Because if we can do that, we can prevent metastatic tumors and those are what kill people."

To target the micro metastatic cells while still dormant, Hurst, Ihnat and their team began looking for compounds that are more active on cancer cells located on normal extracellular matrix as opposed to those grown on a more cancer-friendly environment. They screened thousands of compounds utilizing a test based upon earlier laboratory work that showed that cancer cells placed on normal extracellular

See **CANCER** next page



CANCER

Continued from Page 8

matrix were, in fact, suppressed. Of the 13,000 compounds screened, they found only three that might be useful as weapons against micro metastatic cells, but those three worked well.

“Tigers turned into pussy cats. The cells lost their malignant properties and looked much more normal. If we treated with our compounds, the cells went away. If we treated with traditional chemotherapy drugs, nothing happened,” Hurst said.

One compound, in particular, showed great promise.

“So we focused on the one that had a little bit more retention in our laboratory model. And we also found a variant of that compound that was orally active. That could potentially be taken as a pill. And we tested it in our laboratory model and what we found was that it resulted in greater than 97 percent reduction in the formation of metastatic tumors,” Ihnat said.

Hurst and Ihnat believe the compounds hold promise as powerful new cancer-fighting drugs; and although

the research looked only at a breast cancer model in the laboratory, Hurst and Ihnat believe the discoveries may have implications for many cancers.

“This really could help revolutionize how we treat cancer as we focus not only on treating the cancer but on targeting the dormant cancer cells that hide within the body just waiting for their chance to again grow and spread,” Ihnat added. With additional funding, the OU team believes they could be ready in as little as a year to go to the Food and Drug Administration for approval for an Investigational New Drug study. The first in-human clinical trials would likely focus on recurrent breast cancer.

With the University of Oklahoma, Hurst and Ihnat formed an independent company in 2007 to advance efforts to target dormant cancer cells. To date, they have received \$3 million in funding from the National Institutes of Health through National Cancer Institute small business innovation grants. The Oklahoma Center for the Advancement of Science and Technology has also provided funding.

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Well she joined that Facebook. And I said, with your face? Maybe they should call it Horsebook? And she got all mad.

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- William Osler

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My husband went to the cardiologist after experiencing symptoms of a heart attack. “I had taken our cat to the vet,” he told the nurse, “and while I was there, my chest got tight, and I had trouble breathing. Later, my left arm began aching.” The nurse was clearly concerned. “So,” she asked, “how was the cat?”

NURSING JOKE OF THE DAY

Oklahoma's Nursing Times  
Hospice Directory

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

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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 - Adam Colvin, Vol. Coordinator,  
405-947-7705, ext. 134; Tulsa - Mike  
Gregory, Vol. Coordinator,  
918-425-4000, ext. 114

Centennial Hospice:

Becky Johnson, Bereavement  
Coordinator 405-562-1211

Chisholm Trail Hospice:

Tiffany Thorne, Vol. Coordinator,  
580-251-8764

Choice Home Health & Hospice:

405-879-3470

City Hospice:

Beth Huntley, Vol. Coordinator,  
405-942-8999

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

Hometown Hospice:

Robin Boatman, Com. Relations, Broken  
Arrow: 918-251-6441; Muskogee:  
918-681-4440.

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

Freedom Hospice:

Tulsa: 918-493-4930; Claremore:  
918-343-0493; Tollfree: 866-476-7425

Frontier Hospice:

Kelly Morris, Vol.  
Coordinator, 405-789-2913

Full Life Hospice:

Vicki Barnhart, Vol. Coordinator,  
405-418-2659

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 Meredian, 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; Norman: Vol. Coord. Lisa  
Veauchamp, 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

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INTEGRIS Hospice House Ruth Ann  
Frick, Vol. Coordinator, 405-848-8884

Hospice of Owasso, Inc.:

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877-274-0333

Hospice of the Cherokee:

918-458-5080

Humanity Hospice:

Kay Cole, Vol. Coordinator  
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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

LifeSpring In-Home Care  
Network:

Terry Boston, Volunteer and  
Bereavement Coordinator 405-801-3768

LifeLine Hospice:

April Moon, RN Clinical Coordinator  
405-222-2051

Mays Hospice Care, Inc.

OKC Metro, 405-631-3577; Shawnee,  
405-273-1940

McCortney Family Hospice

OKC/Norman metro 405-360-2400  
Ada, 580-332-6900 Staci Elder Hensley,  
volunteer coordinator

Mercy Hospice:

Steve Pallesen, Vol. Coordinator,  
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Mission Hospice L.L.C.:

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OKC, OK 73112 405-848-3779

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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

Sojourn Hospice:

Tammy Harvey, Vol. Manager  
918-492-8799

SolAmor Hospice:

Lisa Riggs, Vol. Coord. 405-842-0171

Sooner Hospice, LLC:

Matt Ottis, Vol. Coordinator,  
405-608-0555

Tranquility Hospice:

Kelly Taylor, Volunteer Coordinator  
Tulsa : 918-592-2273

Valir Hospice Care:

Dee Fairchild , Vol. Manager OKC Metro:  
405.609.3636 Chandler  
Shawnee/Cushing: 405.258.2333 Toll  
Free: 888.901.6334

Woodard Regional Hospice

580-254-9275 Cathy Poe, RN Director





**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*

*So I said to my boyfriend, "How can I  
be with you when I don't know how to  
be with me?"*

When Jennifer ended her three year relationship she sat in my office and said, "I have no idea who I am; what I believe in: what I want to do with my life? I haven't been happy in this relationship for over a year and yet I stayed. I had a serious boyfriend in high school and we continued dating in college. We broke up and I started dating almost immediately. I am now 27 and realize that I have never had a relationship with myself."

The game plan for Jennifer was the following:

1. She was "grounded" from dating. She had way too much work to do on her herself to share any of that energy with someone else.

2. Buy an awe inspiring journal and pencil or pen.

3. Download some favorite music. (Fortunately Jennifer did know what kind of music she liked).

Now the journey begins. Lets focus on mindfulness. How much of your time do you spend doing "mindless" activities? Have you created a routine for yourself that really leaves you quite unfulfilled upon serious inspection? Being mindful puts the focus on what you are doing and how you make it meaningful.

Have you ever really given thought to your belief systems about life? Consider the following topics:

1. Who are you really attracted to and why?

2. Have you ever made a "deal breaker" list and stuck with it?

3. Do you choose people to make your family/friends happy?

4. Do you develop a friendship based on communication and getting to know each other before having a physical relationship?

5. Do you speak up and have a voice or let someone else talk for you?

6. When your gut speaks, do you listen?

In the movie, Runaway Bride, Julia Roberts lets herself get so involved in a relationship that she plans to marry, then runs away. There is a scene where she has several plates of eggs cooked different ways. She is studying them. She states, "I have no idea how I like my eggs." She liked whatever her boyfriend liked.

Find you before you find someone else. You will be surprised how much difference it makes.

# INTEGRIS Congratulates the 2015 Graduating Class of Project SEARCH



Pictured: Back row, left to right: George Kurey, Job Coach and Employment Specialist (Francis Tuttle Technology Center), Preston Hibbard, Anthony Sandland. Front Row left to Right: Stella Church, Job Coach (Francis Tuttle Technology Center), Jacob Sampson, Dee Dee Clyne, Instructor (Francis Tuttle Technology Center), Nicholas Leggett, and Austin Bryan.

INTEGRIS Baptist Medical Center would like to congratulate the Project SEARCH graduating class of 2015. Preston Hibbard, Anthony Sandland, Nicholas Leggett, Jacob Sampson & Austin Bryan were honored at a special ceremony on May 11th.

Project SEARCH is a program that provides young adults with intellectual and developmental disabilities, the opportunity to learn transferrable job skills and then transition them to meaningful employment within the community. INTEGRIS Baptist Medical Center in Oklahoma City started their Project SEARCH program in 2013. This is the third class to graduate from the program.

"We are very proud of our program, and our students," says

INTEGRIS' Regional Director of Human Resources and Project SEARCH Business Liaison, Tera Latta. "The interns truly transform and become more confident and independent by the end of the school year. It's also a rewarding experience for our employees to be able to mentor and work with the interns on a daily basis. We become very attached by the end of the school year and are sad to see them go, but at the same time, we feel very proud when we see their personal transformation and learn about the jobs they've earned following graduation."

The interns follow the school calendar and participate in three non-

See SEARCH next page





# NURSE + TALK

Read what other health care professionals have to say...

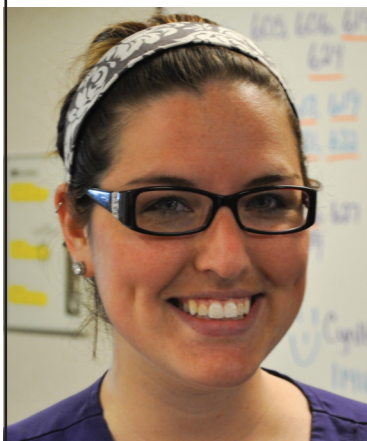
*What's the best decision you ever made? Integris Southwest Medical Center - 6th Floor*

*To become a nurse.*



Sarah Morris, RN

*Going to nursing school at OSU-OKC.*



Kasey Frazier, RN

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

Email:  
news@okcnursingtimes.com  
or mail to  
Oklahoma's Nursing Times  
P.O. Box 239  
Mustang, Ok. 73064

*Probably going to college to get higher education.*



Megan Guarnera, RN

*Not to drop out of nursing school. It was real iffy there for awhile.*



Lorna B Caraway, RN

## SEARCH

Continued from page 10

paid, 10-week internship rotations at INTEGRIS. Interns are given support through on-the-job coaching and work site accommodations. They also attend class at INTEGRIS, for additional employability skills training such as interviewing, resume writing, hygiene, nutrition, personal finance, communication, etc.

The program is a partnership between INTEGRIS, Francis Tuttle Technology Center, Canadian Valley Technology Center, Dale Rogers Training Center, The Department of Rehabilitation Services, and The University of Oklahoma's National Center for Disability Education and Training.

INTEGRIS Bass Baptist Health Center in Enid has also hosted a successful Project SEARCH program since 2010, and INTEGRIS Canadian Valley in Yukon, also graduated its first class of Project SEARCH interns this month.

For more information about Project SEARCH, please visit: [www.projectsearch.us](http://www.projectsearch.us), or contact Judi Goldston, Project SEARCH Statewide Coordinator, at 405-325-0448.

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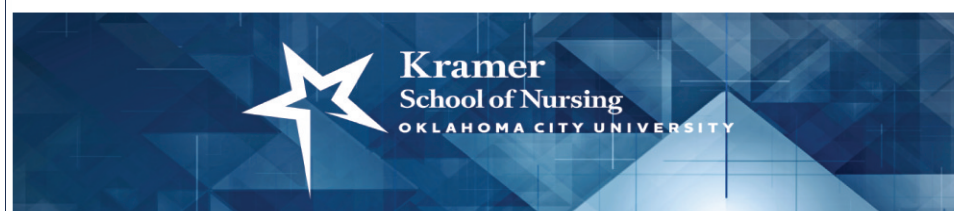
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### NEW PRICES FOR THESE OUTSTANDING PROGRAMS!

- » **RN-to-BSN:** A course structured for RNs to achieve a BSN degree in just nine months.
- » **MSN, Nursing Education Track:** Prepares nursing educators for the classroom environment.
- » **MSN, Nursing Leadership Track:** Prepares nurse executives for the healthcare environment.

### COMPLETE YOUR TERMINAL DEGREE!

- » **Family Nurse Practitioner (FNP):** A BSN-to-DNP program that prepares nurses for becoming a family nurse practitioner.
- » **Doctor of Nursing Practice (DNP):** A 30 credit hour, post-master's clinical doctorate completion program for advanced practice nurses.
- » **PhD:** Prepares established nurses to become career academicians.





**BECAUSE YOU GAVE,**

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**THE WHOLE COMMUNITY**

**— WILL KEEP THE —**  
**CHANGE**

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You and thousands of others contributed an incredible \$21,574,097 to our 2014 campaign. Your kindness and compassion will continue to help United Way of Central Oklahoma create lasting change in our community.

We are extremely grateful for you!

*[unitedwayokc.org](http://unitedwayokc.org)*

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