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# Communities



Rachel Mock, RN, BSN stands outside of Mercy Hospital in Logan County. "We are a rural hospital but we also serve the surrounding communities," Rachel said.

by Vickie Jenkins, Staff Writer

Mercy Hospital Logan County is a 25-bed critical access hospital serving Guthrie and Logan County in central Oklahoma. Services include: Comprehensive laboratory, emergency department, imaging, impatient and outpatient rehabilitation, diabetes education, sleep center, wound care and respiratory care.

Meet Rachel Mock, RN, BSN, that works in the Med Surgical Unit of Mercy Hospital in Guthrie, OK. "Even though this is a small hospital, we have the best of care. We see patients from the surrounding areas; Crescent, Stillwater and Enid," she said.

Growing up in Enid, OK, Rachel knew

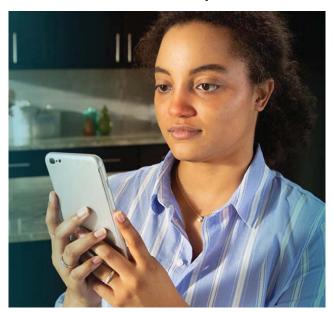
that she wanted to do something in the medical field ever since she was little. "I actually had some medical problems back then and I was around a lot of nurses at the time. It was those nurses that I seemed to be drawn to as far as their job. They were always so nice to me and I looked up When I was old enough, I went to school to be a nurse. I seem to want to take care of others like I was taken care of," she commented.

Rachel's favorite part of her job is seeing the results when the patient leaves the hospital after being cared for. "When the patient comes in, they are usually weak

## launches innovative virtual visits

SSM Health OK

New service available for \$25 to anyone, anywhere - regardless of insurance - via smartphone, tablet or computer



Demonstrating its commitment to ensuring everyone has access to high-quality affordable health care, SSM Health in Oklahoma has launched a new web-based diagnosis and treatment service.

The innovative service provides Oklahoma residents - whether or not they have health insurance or are existing SSM Health patients - with access to high-quality care from the convenience of their home, office or anywhere.

The service offers unparalleled convenience and accessibility, providing patients an easy way to receive care without having to visit one of our physical locations. Using this virtual service, patients can connect with trusted SSM Health providers via their smartphone, tablet or computer.

After logging into SSM Health's virtual visit platform (www.ssmhealth.com/onyourtime),

See VIRTUAL Page 2

See MOCK Page 3

## VIRTUAL Continued from Page 1

patients complete a dynamic questionnaire that asks questions based on what a provider would ask during an in-person office visit. During normal operating hours, patients will receive a video visit or phone call from an SSM Health provider usually within 15 minutes - but always in less than 60 minutes - to discuss treatment. Normal hours of operation are 8 a.m. to 8 p.m., seven days a week. Patients can be treated virtually for common non-urgent health conditions including cold, flu, sinus infection, diaper rash, pink eye, bladder infections, heartburn and allergies, among others - all for a flat fee of \$25 payable by credit, debit or health savings card.

If medications are needed, prescriptions will be sent to the patient's preferred pharmacy for pick-up. Patients who complete questionnaires after normal hours will receive a response within an hour of when operations begin the next business day.

"As a Mission-based organization, SSM Health has always been committed to offering care when, where and how patients want it," said Dr. Tabitha Danley, Regional Chief Medical Informatics Officer, SSM Health Oklahoma. "Our new virtual visit service is the latest validation of that commitment, making health care more convenient and affordable than ever before."

Anyone 18 years of age or older in Oklahoma can create an account and complete a virtual visit. Visits for minor children must be completed by a parent or legal guardian. This service is intended for patients from 2 to 75 years of age, because medical complexities exist for infants and toddlers, as well as seniors, that should be addressed by their pediatrician or primary care physician. If a patient's health concern cannot be addressed through an online visit, they will be directed to a physical SSM Health location. In these cases, patients will not be charged for their online visit.

# INTEGRIS Gala Raises \$1.2M for INTEGRIS Nazih Zuhdi Transplant Institute

The 21st Annual INTEGRIS Gala was held Friday, May 31 at the National Cowboy and Western Heritage Museum raising more than \$1.2M to benefit the INTEGRIS Nazih Zuhdi Transplant Institute welcoming more than 800 guests.

A portion of the evening's proceeds will launch an advanced disease management program to improve patient outcomes. At the event, Dr. Scott and Leslie Samara made a surprise gift of \$250,000 to kickstart a transplant patient assistance scholarship. More than 275 attendees responded by collectively giving another \$200,000.

Also at the event, Drs. Paul Silverstein and Amalia Miranda were named the 2019 INTEGRIS Philanthropists of the Year, whose contributions span many decades and personal commitments to the INTEGRIS burn center exceeding one million dollars. This annual award is bestowed upon passionate advocates whose service offers charitable goodwill to the community with vision and leadership. The Philanthropist of the Year award celebrates transformational and visionary philanthropy within the INTEGRIS system.

This year's gala executive committee was comprised of Aly El Banayosy, M.D., Jose-Marie El-Amm, M.D., Douglas Horstmanshof, M.D. Vivek Kohli, M.D., James Long, M.D., Mark Rolfe, M.D., E.N. Scott Samara, M.D., Trushar Patel, M.D., Kay Shields Ragan

For further information, visit www.integrisgala.org, or contact Breann Hager at 405-951-5054.







and Anne Skuta.

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## MOCK Continued from Page 1

and fragile and not doing very well. When they leave, they are much better. It is such a nice feeling knowing that I have helped someone. Sometimes, it's not real quick and the patient has to stay in the hospital for several days but by the time they leave, they feel good about themselves," Rachel said.

What are the qualities of a good nurse? "Of course, I think the first thing a nurse needs is compassion. A nurse needs to take care of a patient like they are their own family member, no matter what the situation is. A nurse needs to care for the patient to the best of their ability. They also need to practice teamwork at all times. Teamwork is very important and I can say, that is what you will find here at this hospital," she replied.

Rachel lives on a farm, taking care of her animals. She has four horses that she loves to ride, fourteen Boer goats, that she

raises and four dogs. "I started raising goats when I was thirteen and I was in FAA," she said. "In fact, at one point, I wanted to be a veterinarian but decided on a nurse. Raising animals is a great outlet and stress-reliever. I also like to do arts and crafts, along with fishing and spending time at the lake," she commented.

Asking Rachel what motivates her every day, she replied, "Well, for one thing, I am a first generation college student. My parents have always been so helpful to me and I have always wanted to make my parents proud. In fact, I want to become a Nurse Practitioner, hoping to further my education and help my parents. I know they are proud of me and I always want the best for them."

What advice would you give to someone going into the medical field? "I would tell the nurses, just coming out of medical school to listen to the older and experienced nurses. They are ready to teach you any and have the answer to everything

you want to know. Pay close attention to what you are learning. You will have some tough days but it will be worth it. Do not give up! You can do it!" Rachel replied.

Asking Rachel to describe herself, she replied, "I am a pleasant individual, a hard worker and am goal driven. I am compassionate, caring and outgoing. I had three people that helped me along the way and those people are Candice Kite, who got me involved in the community, Professor Tilley and Dr. Ramona Bartlow, who were inspirational and pushed me on to further my education. I am so thankful they were there for me through the good times and the rough times. I love being a nurse and can't see myself doing anything else."

On my daily planner, it reads, chaos coordinator. My life has its ups and downs, so I can describe myself in one word that suites me best: Roller-coaster.

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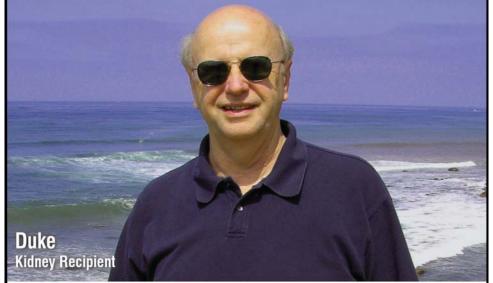
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Imagine, 30 years old, beautiful wife, one child, another on the way, a great job and you go to the doctor and he says "This is the day you start dialysis, we have a chair ready for you." Dialysis...possibly for the rest of your life. I couldn't start 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

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## Passion in Nursing

## SMALL HOSPITAL - LOTS OF TLC: STILLWATER MEDICAL - PERRY

by Vickie Jenkins - Writer/Photographer

Welcome to Stillwater Medical - Perry. We provide Perry and surrounding communities with innovative medicine and the compassionate care you deserve. As your neighbors, friends, and people you see every day, we consider it a privilege to be able to help you stay as healthy as possible – keeping you conveniently close to home. -Stillwater Medical Perry-

Here in Perry, Oklahoma, you will find a smaller hospital than some of the other hospitals outside of Perry, OK but this one is full of a friendly, knowledgeable staff. Visited by surrounding areas, this hospital sees patients from all of the surrounding areas. This is where I met Tracie Klingaman, RN, assistant DON, who has been a nurse for nineteen years.

Growing up in Ponca City, Tracie attended LPN school at Pioneer Vo-Tech in 1991 and received her RN

from Northern Oklahoma College in Ponca City, OK in 2005 while she served in the military. She served in the reserves and was stationed in Wichita Kansas where her unit gave physicals to the National Guard and Reservists. That was for ten years. She has been at Stillwater Medical Perry since 1997.

What qualities make a good nurse? "I think a nurse needs to be empathetic, attentiveness and full of kindness," she replied.

Tracie's favorite part of her job is the interaction she gets to have with the other employees. "Being the assistant DON, I need to do several jobs she said. "I am in charge of the surgery and head up the Infection Control Preventions. I handle a little bit of everything, "she said.

Did anyone influence you to be a nurse? "Funny you should mention that. When I was seven years old, I had a lot of health problems and stayed in the hospital for quite a while. There was a nurse that was always by my side taking care of me. She would sit on the edge of the bed, turn on the TV and tune it to the soap opera, Days of Our Lives. I thought it would be the greatest thing to grow up and be a nurse, sit beside a patient, turn on the TV and watch Days of our Lives," she said with a laugh. "I don't think that is the way it works," she added. "I still remember that nurse's name though Ursula Big-Goose."

What is your biggest asset that you contribute to work? "That would be my guidance. Being in charge of several things, the nurses look to me for guidance and I want to be able to provide that," she said.

Tracie's advice to someone going into the medical fiend would be to, "Continue to have a goal. Reach your goal and don't give up for anything. You will be glad that you

stuck with it," she said.

Family time is an important part of Tracie's life. "I love to spend time with my husband, children and grandchildren. My family is so precious to me. I have Rett, two years old, Ryder, and five years old and last but not least, Faith, ten years old."

Asking Tracie to describe herself she said. "I like spending time with my family. I don't like to talk about it that much but I have Stage 4 Kidney cancer. Of course, I don't know how long it will be and neither do the doctors. Only time will tell. Until then, I will continue to enjoy my life and live it to the fullest. I want to spend the amount of time I have having a good time with my family. I'm just making the most of the situation," she said. "My husband, children and grandchildren are what hold me together right

See KLINGAMAN Page 5



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Tracie Klingaman, RN is the DON at Stillwater Medical Perry in Perry, OK. "I am definitely a take-charge person. I love the interaction I have with the other employees and we all seem to get along well together," she said."

## KLINGAMAN Continued from Page 4

now. They are my motivation for everything. I'm even doing a few things that I never thought I would do before," she said with a smile. "Of course, I can't tell you everything," she added with a laugh.

Tracie loves camping. "There are quite a few places around here to camp but this is definitely not the time to think about camping due to the flooding."

Describing herself, Tracie is definitely a take charge person, a great person to get advice from plus getting a little guidance along the way.

Summing up Tracie's life in one word, she said, Caduceus, the symbol of medicine. "Yes, I think this sign would fit me just right," she said. "Perhaps, I will get a tattoo to complete my time in the medical field," she said. "I might just do that!"

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## The Children's Center Rehabilitation Hospital Celebrates Prom



The Children's Center Rehabilitation Hospital prom King pictured with Miss Oklahoma City, Emily Faith.

Patients at The Children's Center Rehabilitation Hospital recently celebrated prom. Community guests participated in the event including, University of Oklahoma football players RJ Proctor, Neville Gallimore and Patrick Fields, Boomer, OU's Mascot; Lacie Lowry, KWTV, Jeff George, FOX TV; and Captain America.

Prom is a rite of passage every teenager should experience. The Children's Center Rehabilitation Hospital organizes an annual prom every year, so patients may enjoy the same school activities their peers get to experience.

Included in the festivities was a special treat provided by 36th Studio West, as they provided hair and makeup artists for the event.

The dance began as each patient and their prom buddy were announced when entering prom doors, and to add to the fun, a prom king and queen were also crowned. The afternoon was filled with lights, music and patients dressed in their best - an event that was enjoyed by patients, their families and staff alike.



The Children's Center Rehabilitation Hospital Prom Queen is pictured with The Children's Center Rehabilitation Hospital staff and volunteers.

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#### 140 GENERAL NURSING

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## Blake Griffin Visits INTEGRIS Baptist Medical Center

The most decorated basketball player in Oklahoma high school history returns home to be the guest of honor at The Oklahoman's Best of Preps All-City Sports Awards Banquet on June 3 at the Cox Convention Center in Oklahoma City.

But before heading to the awards show, Blake Griffin made a quick stop at INTEGRIS Baptist Medical Center to pay a few lucky patients a special visit. He was accompanied by his older brother Taylor Griffin, who is a retired NBA star himself.

The Griffins met with a total of five patients. Two kids at INTEGRIS Children's, twins in the neonatal intensive care unit and a former basketball referee who actually used to officiate some of Blake's high school games.

Blake Griffin attended Oklahoma Christian School, where he played under his father, head coach Tommy Griffin, winning four state basketball championships.

Blake was named to The

Oklahoman's All-City team three straight years (2005-2007) while twice being named the Little All-City Player of the Year. In 2007, he was selected as a McDonald's All-American and named the Gatorade Player of the Year.

Griffin played two seasons of college ball for the Sooners before entering the 2009 NBA draft, when he was selected by the Clippers. He made his NBA debut as a rookie the following season, in which he was selected as an All-Star, won the NBA Slam Dunk Contest, and was named the NBA Rookie of the Year. In 2011, Sports Illustrated called him one of the NBA's 15 Greatest Rookies of All Time.

Griffin has enjoyed an impressive professional career that has made his home state very proud. After a few injury-plagued seasons, Griffin was traded to the Detroit Pistons in Jan. 2018. We look forward to what the future holds for this amazing homegrown athlete.

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Detroit Pistons Star and Former OU Standout Blake Griffin made a quick stop at INTEGRIS Baptist Medical Center to pay a few lucky patients a special visit.

## OHA board names Powell as chairelect; names Geister to board

The Oklahoma Hospital Association (OHA) elected a new chair-elect and appointed a new board member at its meeting on May 21. Tammy Powell, president, SSM Health St. Anthony Hospital – Oklahoma City, was elected to serve as chairman-elect and will serve as the Association's board chairman in 2022-23.

Powell has more than 30 years of health care experience in nursing and administration. She was first elected to the OHA board of directors in 2018 as an at-large member and has also served on the OHA Council on Quality and Patient Safety. She is a fellow in the American College of Healthcare Executives.

Powell received a Master of Public Health and Bachelor of Science, Nursing from the University of Oklahoma. She serves on the boards of numerous other organizations, including Leadership OKC, YWCA, Oklahoma National Memorial and Museum, and Downtown OKC. She is a graduate of Leadership Oklahoma City Class XXV, a 2008 Journal Record Woman of the Year nominee, and 2012 OKC Friday Rising Star.

Bennett Geister, CEO, Hillcrest Hospital South, Tulsa, was appointed as an at-large member on the OHA board to fill an unexpired term through 2021. Geister has been the CEO at Hillcrest Hospital South since August 2018. Prior to that, he was chief operating officer at AllianceHealth Midwest and AllianceHealth Deaconess, following serving in a number of leadership positions at INTEGRIS Health. He holds a Master of Science in Healthcare Administration from Trinity University, San Antonio, Texas; and a Bachelor of Business Administration from the University of Oklahoma. He also serves on the OHA Council on Education.



Tammy Powell, president, SSM Health St. Anthony Hospital.



Bennett Geister, CEO, Hillcrest Hospital South.



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(AS PUBLISHED IN THE 2019 EDUCATION GUIDE TO NURSING)

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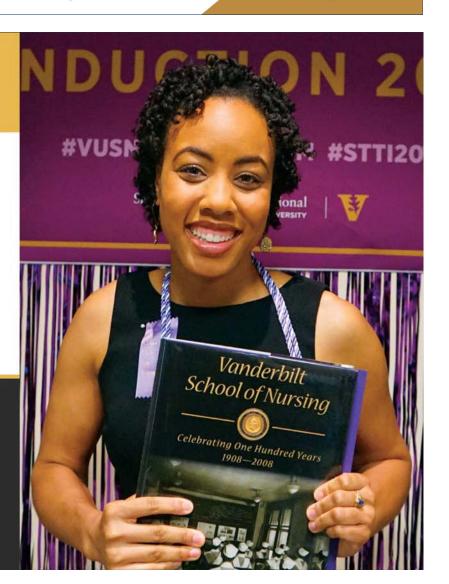




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# Don't skimp on the sunshine vitamin

The sunny days of summer bring on a slew of outdoor activities like cookouts, ballgames and time by the pool.

But sunshine and the vitamin D it delivers also play a key role in your health, said Oklahoma Medical Research Foundation physician-scientist Judith James, M.D., Ph.D.

Sunshine is known to improve mood and help people sleep better at night. Exposure to sunlight also strengthens bones, bolsters the immune system and may lower the risk of conditions ranging from heart disease to cancer to Alzheimer's.

"It's called the sunshine vitamin for good reason, because sunlight produces vitamin D when the skin is exposed to ultraviolet rays," said James, who serves as OMRF's Vice President of Clinical Affairs and holds the Lou C. Kerr Endowed Chair in Biomedical Research.

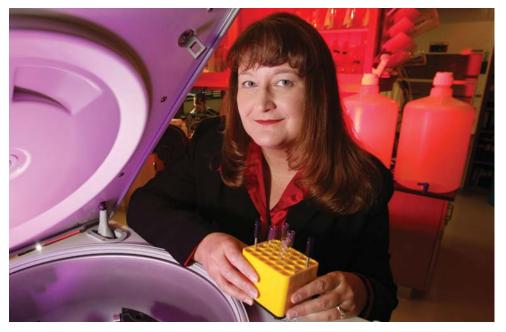
Vitamin D is essential to good health, but in this age of sun avoidance and indoor jobs, James said, more and more Americans find themselves lacking this vital nutrient.

And, said OMRF President Stephen Prescott, M.D., unlike many other vitamins, it's difficult to get enough vitamin D through diet alone.

"Other vitamins and minerals are usually consumed in appropriate levels by eating a sensible, balanced diet," said Prescott. "But this isn't the case with vitamin D."

As a result, it's added to foods like milk, orange juice and breakfast cereals. Vitamin D supplements are also a safe, affordable option, said James.

James said vitamin D protects you from a long list of possible health problems, especially in regard to bone health. "A deficiency can predispose anyone, especially girls, to osteoporosis and other related bone health problems," she said. Making sure young girls get enough vitamin D is crucial for their ability to build maximum bone density, as everyone loses bone mass with age, especially women. If people lose too much bone



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

mass, they are at higher risk of fractures, which limit mobility and are a major cause of mortality and loss of independence in the elderly.

New research shows low vitamin D levels can also raise the risk for developing autoimmune diseases like lupus. "In people who already have an autoimmune disease, if their vitamin D is low, data suggests their disease will be harder to control or they'll

experience more disease activity," said James. Making sure you get enough vitamin D is important. Just remember to be safe in the sun.

"Sunshine is important, but you can get too much of a good thing," said James. "Wear adequate sunscreen to decrease your chances of skin cancer, and most importantly, don't let yourself-or your children-get sunburned. Moderation is key."





Travel to Bora Bora



Go drive an Indy Race Car



Carrie Sommer, RN

What is one thing on your bucket list?



The Children'
Center
Rehabilitation
Hospital

Swim with the dolphins



Taylor Bradford, LPN

Take my daughter to Germany and Switzerland.



Dee Young, RN

# Pregnant Women Urged to Know the Risk of CMV

June is Cytomegalovirus (CMV) Awareness Month. CMV is a common virus which, in healthy people, can cause mild illness or no symptoms at all. While most are unaware they've been infected, the virus increases the risk of certain birth defects for unborn babies when a woman is exposed during pregnancy.

Since most women are unaware of CMV, the Oklahoma State Department of Health (OSDH) is promoting awareness of this public health concern. About one in every 200 babies is born with a congenital CMV infection, but only one in 10 babies with CMV infection at birth will have noticeable signs of infection including small head size, jaundice, or an enlarged liver or spleen. Approximately one in five babies with congenital CMV infection will have long-term health problems such as hearing or vision loss, intellectual disability, developmental delay, small head size, seizures, or

lack of coordination. Many babies born with congenital CMV infection won't have symptoms at birth but are still at risk of developing hearing loss later in life, even if they pass a newborn hearing screening.

Cara Gluck is the OSDH regional director for Beckham, Greer, Harmon, Jackson and Tillman counties; and the mother of a child diagnosed with CMV. She said awareness is key to prevention, and that a woman should be informed of risks to her unborn child to include information on CMV.

"My provider knew I was considered in a higher risk category because I had a young child in a daycare setting and because she was potty-training while I was pregnant, but never discussed this risk with me," said Gluck. "Had I only known, my husband and I could have made some behavioral changes relating to care for our, then 2-year-old, daughter. He could have been the one to care

June is Cytomegalovirus (CMV) lack of coordination. Many babies for her when she was sick, instead areness Month, CMV is a common born with congenital CMV infection of me."

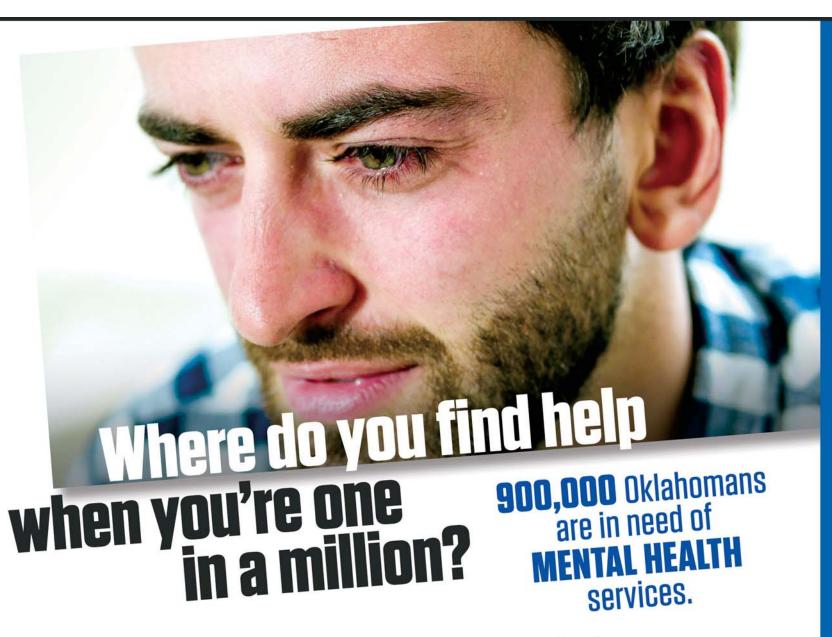
Since CMV is common in young children, women around young children are at a higher risk for exposure to CMV. The virus can be passed from children to pregnant women through urine during diaper changes, sharing of eating utensils, or exchanging saliva when kissing.

The OSDH offers the following tips to prevent the spread of the virus:

- \* Kiss children on the cheek and forehead, not the mouth. Share love, not germs.
- \* Wash hands after contact with bodily fluids, especially after changing diapers.
- \* Avoid sharing utensils, straws or cups with young children.

For more information, visit CMV.health.ok.gov, the CDC website at www.cdc.gov/cmv/ or the National CMV Foundation website at www.nationalcmv.org.

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