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Leader of the Pack



Tanya Bogan, RN, Nurse Leader for the Women's Center at AllianceHealth Deaconess is a real natural when it comes to caring for the babies in the Neonatal Intensive Care Unit.

by Vickie Jenkins, Staff Writer

Working at AllianceHealth Deaconess Hospital in the Women's Center, you will find loving and caring nurses. These are the nurses that work in the Neonatal Intensive Care Unit, taking care of the women and the newborn babies. One outstanding nurse is Tanya Bogan, RN, Nurse Leader.

Tanya was born in Jamaica, living there until she was 9 years old when her parents decided to relocate to the states, moving to Fort Lauderdale, Florida. Tanya went to school in Tampa, Florida, graduating from the University

of South Florida. She has been a nurse for 16 years and has worked at AllianceHealth Deaconess for 7 years.

Asking Tanya if anyone had an influence on her life throughout the years, she replied, "Ever since I was little, I felt a drawing to be one of three things; an actress, a model or a nurse. I decided to be a nurse because I like helping people. Now, I realize that was the right decision for me. I want to say that my parents were always very encouraging in everything I did. They were always there for me, helping me set goals and push through to

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A new era McGill takes reigns at NRH



Brittnei McGill is the new Chief Nursing Officer for the Norman Regional Health System.

by Bobby Anderson, Staff Writer

Norman Regional Health System has named McGill, MSN, RN, CCRN as its chief nursing officer (CNO). She had previously served as interim co-chief nursing officer at the organization.

As chief nurse, McGill will integrate and coordinate a patient-centric nursing strategy with a focus on patient care. The CNO is responsible for overseeing the care of all patients in Norman Regional facilities.

"In addition to having extensive knowledge and experience as a nurse, Brittnei is a strong communicator and leader. She represents nursing as a

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discipline, but more importantly gives a voice to our patients," said Richie Splitt, Norman Regional president and CEO.

McGill said she was fortunate to serve as the interim CNO to help acclimate to her future role.

"The interim phase was really enlightening," she said. "It was eye-opening and gave me a glimpse of what the permanent position would look like and require. It's really an exciting time for this organization. We have a really engaged and energetic leadership team that is learning and growing to work better and be more collaborative."

The chief nurse is also responsible for supervising nurses and nurse leadership, facilitating the design and implementing the delivery of safe and high-quality patient care, and recommending strategies to improve health and wellness.

"I'm committed to the growth and professional development of our wonderful team of healers at Norman Regional," McGill said.

During her time as interim CNO, McGill standardized many patient care areas, was part of a successful Joint

Commission Accreditation survey, led the expansion of the vascular access specialist team, and restructured clinical education.

She also brought new services on board at the health system including the recruitment of a robotically-trained cardiovascular and thoracic surgeon and the opening of a new hybrid operating room and cath lab.

McGill earned her Masters of Science in Nursing Administration from the University of Texas at Arlington. She earned her Bachelor of Science in Nursing at the University of Oklahoma Health Sciences Center. She is a nationally certified critical care nurse.

McGill began her career as a nurse at the Neonatal Intensive Care Unit and Pediatric Intensive Care Unit at OU Children's Hospital. In 2007, she joined the team at the Norman Regional HealthPlex's Neonatal Intensive Care Unit and later transitioned through multiple leadership roles within the health system.

In 2014, McGill became the director of nursing at The Children's Center Rehabilitation Hospital where she directed and oversaw the nursing department.

McGill rejoined Norman Regional

as the Cardiovascular Service Line director, where she was responsible for ensuring high standards of cardiovascular care through multiple units, departments and services.

She serves on the board for the State of Oklahoma's Chapter of the American College of Healthcare Executives and the Virtue Center in Norman.

She had been serving as interim co-chief nurse with Susie Graves, RN, since 2017.

As one of the few remaining municipally-owned hospitals left in our state, Norman Regional Health System has several advantages as well as challenges in the corporate-dominated hospital market.

McGill quickly points to a rich pool of clinicians, termed Healers, as her best asset coming into the new role.

"It's the people, it's the culture," McGill said. "It's the fact that we work well together to be action-oriented to create solutions. It would be the clinicians' dedication to quality. I think knowing the why and the purpose behind things is very, very important and I saw the people really wanted to know that and to me that was a great strength."

"They wanted to connect with the what and the why."

As the health system looks to bring all of its hospital service offerings under one campus in Norman, McGill is focused on setting the foundation with collaboration and

a greater understanding of how each unit works with others.

"I want to focus on bringing all of the individual areas, units and service lines together because yes there are differences but we can't achieve our strategic organizational goals working independently," she said. "We've got to work closer together. That's what Susie and I really worked on initially making the culture one of being more collaborative."

McGill has a nursing household with husband Matt working as a nurse practitioner and clinical nurse specialist specializing in infectious diseases.

A number of accomplishments came while McGill and Graves served as chief nursing officers including:

- A successful Joint Commission survey that resulted in a number of positives and requests for the health system to share its practices with other hospitals.

- An increased focus by the Vascular Access Specialty Team in spearheading initiatives that have helped the system reduce its number of healthcare acquired infections.

- The development of the only nurse residency program of its kind in the state that mentors new nurses during their first year.

"I think the little things are so very important - connecting with the patients, being solutions-oriented and going above and beyond to meet those needs," McGill said.

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DHS names Carpenter interim director of Child Welfare Services

DHS Director Ed Lake has named Millie Carpenter interim director of Child Welfare Services (CWS). Carpenter has served as a Deputy Director within the division since 2012 and has worked in numerous positions within child welfare services spanning her 24-year career with the agency.

As deputy director, Carpenter has been responsible for implementing key components of the Oklahoma Pinnacle Plan relating to permanency and child well-being programs, overseeing Child Abuse Prevention and Protection, Permanency Planning, and Specialized Placements and Partnerships programs, as well as the Child Abuse and Neglect Hotline, the OK-Trauma Assessment and Service Center Collaborative grant, and partnerships with the Oklahoma Department of Mental Health and Substance Abuse Services.

"We are very grateful to Millie for her willingness to step into this leadership role in Child Welfare Services at this critical time," said DHS Director Ed Lake. "Millie will provide a steady presence in guiding child welfare services during this transition period as we continue our work to meet Pinnacle Plan goals and implement the many other important child welfare initiatives underway."

Carpenter assumes her new role beginning June 1, 2018

BOGAN

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the end. I'm so glad they did."

In Tanya's opinion, there are several qualities that make a good nurse. "A nurse has to be prepared, having what it takes to care. They have to sacrifice themselves at times. Being a nurse is serving others at all times, even if there are times when challenges get in the way. Being a nurse is a selfless act. It's not about the money; it's about touching someone's life. It's the helping hand and healing touch. Sometimes, all a patient needs is a person to listen and be there for them. A lot of times, the nurse is the closest person that person has, so we need to be there for them in any way we can."

When I asked Tanya to describe herself in three words, she replied, "reliable, dependable and goofy at times. In this profession, a nurse has to be responsible. They also need a good sense of humor!" she said with a smile.

Tanya enjoys being a nurse, caring for the women and newborn babies. What is the best part of your job? I ask. "The best part of my job is when it comes time

for the delivery. The anticipation of the parents and the expression on their face is full of wonder. They know that their little baby is about to enter the world; the baby that has given the kicks, caused nausea and pain, and now, all rolled together is about to be given life. What a blessing to see God at work! I always tell the parents get ready to meet your tenant, that little someone that has been living with you for all this time. The doctors are wonderful and every birthing experience is miraculous. There is nothing more rewarding to the patient than to see their physician and the nurses have a good rapport. What a celebration!"

Tanya's hobbies are: "My hobby is spending time with my husband, Art, and my two sons, A.J. 5 years old and Joshua who will be 3 years old next month. I love spending time with my family. Of course, I love traveling too. I try to go back to Jamaica to visit as often as I can. It's much different than Oklahoma," she said with a laugh."

Where do you see yourself 5 years? "To be honest, I have not looked that far ahead. Whatever God's will is for me. As long as I seek God every day, I know it will

be what He has in store for me and it will be awesome!"

What advice would you give to someone going into the medical field? Tanya replied, "The medical field is not for everyone. To be a nurse, they need a passion for life. If you want it bad enough, you will succeed. If you don't have that passion for others, maybe this job is not the right position for you. My

job as a nurse? I love everything about my job, even the challenges; I give all the credit to God."

If you had one wish of anything in the world, what would it be? "There is so much unrest and chaos in the world. I think we need to restore peace and remember that God is our creator and He is the only one to have power to fix it. I would wish for peace."

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CAREERS IN NURSING

HELPING NEW MOMS AFTER BIRTH: INTEGRIS SOUTHWEST

by Vickie Jenkins - Writer/Photographer

At Integris Southwest, you will find Laura Shodall, BSN, working in the Women's Unit, specifically working with women after delivery. Laura spends time educating and helping women with their new arrival.

Laura grew up in Redondo Beach, California, which is a beach town outside of Los Angeles. In 2012, she moved to Oklahoma to go to school at Oklahoma Christian University where she received her BSN.

"I love working in the Women's Center," Laura comments. "I wanted to be a nurse tech in college but I was so busy with nursing school, my political science minor and music commitments to keep my music scholarship, I'll have to admit I was a busy bee!" she added.

When asked if anyone had an influence on Laura being a

nurse, she replied, "I would have to say my mother was a very big influence on me. She worked as a pediatric dental hygienist so she went through a lot of the same physiology and biology classes. Growing up, I didn't even notice that she was influencing me at the time and educating me on several occasions. Nursing sounded like a great fit for me because it combined caring and science."

What qualities make a good nurse? I asked Laura. "I think it is incredibly important for a nurse to be unbiased. It is my opinion that prejudices inhibit a nurse from giving quality care. Thoughtful and careful reflections on one's own prejudices, whether it's about someone's race, religion, or lifestyle, allow us nurses to step back and ask, am I giving my best care? It's not our job to judge

who deserves healing; it's our job to do the healing. I also think it is important for a nurse to be mindful of others, especially our co-workers. I can't tell you how stress relieving it is to hear, I already did that for you. It really sets the tone for a shift. Since I work nights, I try and tie up loose ends for my day shifters, because who wants to be bombarded at 0700, right? "

Describing herself in 3 words, Laura said, "I am easygoing. I make sure the patients know that I am there to take care of them, no matter what they want or need. They should never think they are bothering me. I'm doing my job! Next, it would be empathetic. I'm a very emotional person and I cry at the drop of a hat. It also means that my patient's pain is my pain, which is something that I had to learn; leave my work at work

and do not take it home with me. Sometimes, that is a little hard to do. Last but certainly not least, I would say, goofy. I like to have fun and laugh. As a nurse, I think you have to."

"I enjoy working here at Integris Southwest. My favorite thing about my job is that I get to ensure a good start for a baby. During the baby's first few days of life, I make sure that the baby is held, swaddled, fed and being handled safely. I can never be sure what life is like post hospital for these babies, and now and again, I worry, but as long as they're my patients, I take care of them as if they were my own. I love educating and helping my new moms at this very stressful but joyful time in their lives, which is leading to happy and healthy babies," Laura said.

HELPING Page 5

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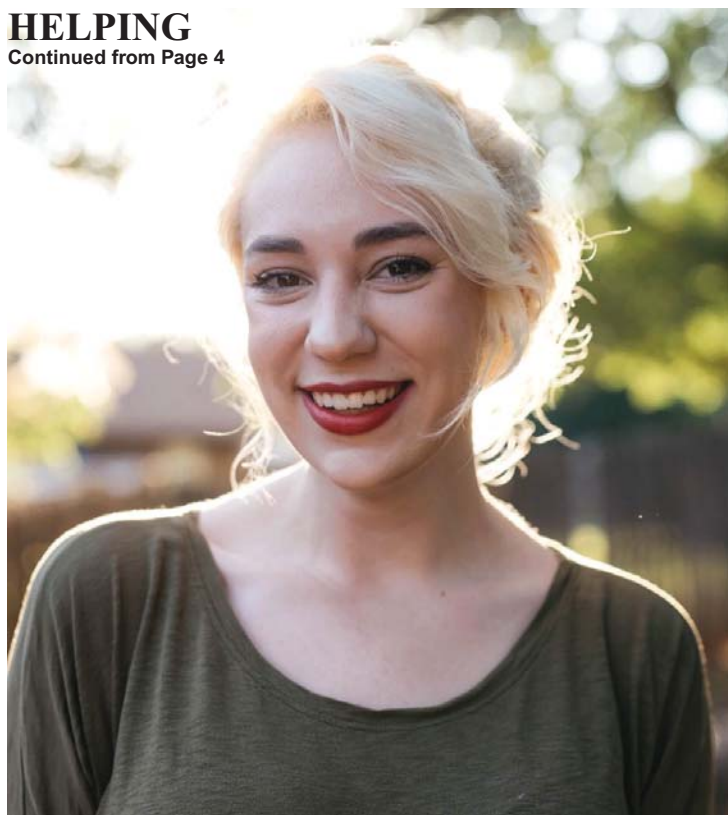
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HELPING

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Giving up her beach life in California, Laura Shodall, BSN enjoys educating new moms on the care of their babies in the Women's Unit at Integris Southwest in Oklahoma City, OK.

Laura's advice to others going into the medical field would be to "Prepare for a long life of learning. You never truly stop learning once you get out of school. Evidence based practice is so important. You find yourself flipping through articles just like you did before. You owe it to yourself and your patients to know current research recommendations, so be ready to read and study again!" When Laura is not working, her hobbies include going to movies, board games, traveling, reading, watching

baseball and spending time with her friends. She also has a cat named Duck. "My greatest reward as a nurse is helping new moms that otherwise would have been frightened, confused or anxious during their post-birth stay. Sometimes, all it takes is a gentle touch or a reassurance that they are doing a great job. I am rewarded just knowing that I give my patients the knowledge and confidence to start their amazing journey of motherhood," Laura said, with a smile.

OCU Schedules Alumni Night at the Ballpark

Join us on Friday, June 15 to watch the OKC Dodgers take on the Salt Lake Bees at the Chickasaw Bricktown Ballpark! Gates open at 6 pm, with the first pitch at 7:05. Tickets are \$20 and include exclusive access to the left field Budweiser Deck, dinner, and drinks - plus the Friday night fireworks show!

AMSN President Linda Yoder Receives Nursing Research Award

Linda H. Yoder, PhD, MBA, RN, AOCN, FAAN, president of the Academy of Medical-Surgical Nurses (AMSN), received the prestigious Phyllis J. Verhonick Research Award for her podium presentation at the recent TriService Nursing Research Program Dissemination Course.

The award is given to an Army Nurse Corps (ANC) researcher who delivers the most outstanding podium presentation at the course. This year's event was held in San Antonio, TX, April 30 to May 3, and Yoder received her award on the last day of the course for her research presentation about the quality of life and behavioral health of military burn survivors.

Dr. Yoder's award is notable because she is the only Army nurse who has been given three Phyllis J. Verhonick Research Awards over the course of her career - two for outstanding research papers, which she received while on active duty, and the recent podium award.

"I was very honored to receive the award, because Phyllis Verhonick was a pioneer for nursing practice, scholarship, and research," Yoder said. "She was also known for her wonderful sense of humor!"

Dr. Yoder is serving as AMSN president until September 2018, working with the AMSN Board of Directors to set the strategic direction and provide oversight of the association in support of its 12,000 members. She also works as associate professor and Luci Baines Johnson Fellow in Nursing at the University of Texas at Austin School of Nursing in Austin, TX.

Dr. Yoder is a retired U.S. Army Colonel whose 28-year career has intertwined military nursing, patient care, research, education, business, leadership, and advocacy.

She began her nursing career in college, thanks to a military scholarship at the Walter Reed Army Institute of Nursing. After



Linda H. Yoder, PhD, MBA, RN, AOCN, FAAN

graduating, she worked at the bedside and in the field for the Army, ascending through the ranks to colonel while earning many military decorations and awards along the way.

Recognizing the importance of nursing education during her career, Dr. Yoder also devoted much of her time to writing, educating, and speaking. Her decades of volunteer and leadership work with AMSN gave her an additional forum to encourage nurses to advocate for themselves and the profession.

Although Yoder is a senior scientist she commented that "It's always wonderful to have your work recognized as a worthy contribution. I try to do research that will help clinicians help patients and their families. Nurses are central to the delivery of safe, quality care."





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- Registered Nurse - (RN), FT, 7a-7p-Med/Surg (710672)
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NURSING TIMES

American Nurses Association Political Action Committee Endorses Candidates

Candidates display commitment to advancing the nursing profession and health care for all



The American Nurses Association Political Action Committee (ANA-PAC) recently announced the endorsement of ten candidates running for Congress. Each election cycle, ANA-PAC endorses candidates who display a commitment to advancing the nursing profession and advocating on health care issues that affect nurses and the public, both on Capitol Hill and in their congressional districts. These candidates include:

• **Anthony Brindisi (NY-22)** Brindisi helped lead the effort to pass legislation implementing Safe Patient Handling and Mobility Guidelines during his time in the New York state legislature. As the brother of an emergency room nurse, he has a deep understanding of the challenges that nurses face on a daily basis, and has made improving health care a key component of his campaign.

• **Angie Craig (MN-2)** Craig brings more than 20 years of experience working in health care to her campaign, and has focused on reducing health care-related costs and expanding access for families across her district.

• **Katie Hill (CA-25)** Hill learned about the importance of the nursing profession from her mother, and has modeled this example of compassion and care through her work as a social worker and nonprofit executive. Her experience will serve her well as she works to craft effective health policy as a member of the 116th Congress.

• **Chrissy Houlahan (PA-6)** Houlahan is the sister of an emergency room nurse and an experienced small business owner who keenly understands the challenges involved with health care system reform as well as the need for strong safe patient handling and mobility guidelines.

• **Dusty Johnson (SD-AL)** Johnson was responsible for overseeing the

South Dakota State Employee Health Care Plan in his capacity as chief of staff to Governor Dennis Daugaard, where he heard and implemented input from health care professionals across the state, including nurses. He is dedicated to bringing stability to a health care market that has experienced a great deal of uncertainty in the past year and a half.

• **Andy Kim (NJ-3)** Kim is running to increase access to affordable health care, and as the son of a nurse he has worked diligently to understand the needs and priorities of both his constituents and nurses working in his district.

• **Dr. Heather Ross, PhD, DNP (AZ-6)** Dr. Ross is a nurse practitioner, professor, and scientist whose real-world experience will serve her well as a Member of Congress. She will bring a much-needed voice of expertise to ongoing discussions about how best to reform the health care system.

• **Greg Stanton (AZ-9)** Stanton has a demonstrated history of bipartisanship as mayor of Phoenix, where he led the model to expand Medicaid for his constituents, later used to expand Medicaid statewide.

• **Lauren Underwood (IL-14)** Underwood is a registered nurse, former Senior Adviser with the Department of Health and Human Services, and public health expert who will quickly become a leader on nursing issues when she joins the 116th Congress.

• **Jeff Van Drew (NJ-2)** Van Drew currently serves in the New Jersey Senate. In his capacity as a health care provider, he will serve as a leader on issues concerning the expansion of scope of practice. He has long enjoyed a collaborative working relationship with the nurses who live and work in his district.

NOW I LAY ME DOWN TO SLEEP PARTNERS WITH LOCAL PHOTOGRAPHER



Pregnancy and infant loss organization, Now I Lay Me Down to Sleep (NILMDTS) operates nationwide, providing heirloom remembrance portraits to parents suffering the loss of a baby. NILMDTS CEO, Gina Harris along with Randy Taylor of Taylor Made Photography will host a photography and lighting workshop on June 18, 2018 to recruit and train photographers to better serve Oklahoma families.

The Oklahoma workshop marks the 10th anniversary of the death of Harris's son.

Harris and native Oklahoman husband, Rob, return to Oklahoma City to pay tribute to their son Ethan they lost a decade ago. The loss of Ethan was their second loss after their first son David died at birth in 2007. The couple was gifted with complimentary portraits of their son David by NILMDTS. They did not seek out a photographer for Ethan because they felt his condition was too severe.

"As bereaved parents we know firsthand the healing power of having portraits of our son David. Not having photographs of Ethan has made the healing journey more difficult. I only wish we would have captured something of Ethan. Even if it were just his hands and feet, it would have been instrumental in our healing and documenting Ethan's life," said Gina Harris.

The photography workshops were created to recruit and retain area photographers; helping to ensure NILMDTS services are available to

future families set to endure the loss of their unborn or infant child.

The NILMDTS Photography and Lighting Workshop has been crafted to not only enhance your professional photography abilities but allow participants to give back in a powerful way. Conducted within context of a NILMDTS session, the key elements of this workshop include: photograph composition, posing, focusing, and lighting.

While these skills are taught within the framework of a NILMDTS session, these skills can transfer across a variety of scenarios that photographers may encounter. At the completion of this workshop, participants will leave with an expanded skill set and an understanding of what skills you need to be approved as NILMDTS photographer.

"I cannot think of a better way to celebrate Ethan on what would be his tenth birthday by hosting a training so we can increase the number of photographers and other volunteers to serve bereaved families in their most devastating moments," said Gina Harris.

Taylor is a member of the NILMDTS board of directors and is hosting this workshop at his studio because of the need in Oklahoma to have more photographers.

"It is an honor and a privilege to be hosting this workshop at my studio," says Taylor. "Our goal is to make sure we have a solid volunteer team in Oklahoma to serve more bereaved

See NILMDTS page 10

Oklahoma's Nursing Times

College Nursing Guide (Abbreviated)

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

PRACTICAL NURSING PROGRAMS

Astry Technology Center

www.astrytech.com Enid, OK 73703 Ph: 580-242-2750 Ext 163

Caddo-Kiowa Tech. Center

www.caddokiowa.com Ft. Cobb Ph: 405-643-5511 Ext 263

Canadian Valley Tech. Center

www.cvtech.org
1. El Reno Campus Ph: 405-422-2341
2. Chickasha Campus Ph: 405-222-7592

Central Technology Center

www.ctechok.org
1. Drumright Campus Ph: 918-352-2551 Ext 288
2. Sapulpa Campus 918-224-9300

Chisholm Trail Tech. Center

www.chisholmtrail.com Ph: 405-729-8324

Francis Tuttle Tech. Center

www.francistuttle.com Oklahoma City Ph: 405-717-4382

Gordon Cooper Tech. Center

www.gctech.org
Shawnee Ph: 405-273-7493 Ext 291

Great Plains Technology Center

www.gptech.org
1. Lawton Campus Ph: 580-250-5595
2. Frederick Campus Ph: 580-335-5525

Green Country Technology

www.gctc.ok.com Okmulgee Ph: 918-758-0840 Ext 246

High Plains Technology Center

www.hptc.net Woodward Ph: 580-571-6159

Indian Capital Tech Center

www.icavts.tec.ok.us
1. Muskogee Campus Ph: 918-686-7565
2. Sallisaw Campus Ph: 918-775-9119 Ext 108
3. Stilwell Campus Ph: 918-696-3111
4. Tahlequah Campus Ph: 918-456-2594

Kiamichi Technology Center

www.okktc.org
1. Antlers Campus Ph: 580-298-6354
2. Atoka Campus Ph: 580-889-7321
3. Durant Campus Ph: 580-924-7081
4. Hugo Campus Ph: 580-326-6491
5. McAlester Campus Ph: 918-426-0940
6. Idabel Campus (McCurtain) Ph: 580-286-7555
7. Poteau Campus Ph: 918-647-4526
8. Stigler Campus Ph: 918-967-2801
9. Tahlequah Campus Ph: 918-567-2264

Meridian Technology Center

www.meridian-technology.com Stillwater, OK 74074
Ph: 405-377-3333 Ext 324

Metro Technology Center

www.metrotech.org Oklahoma City Ph: 405-605-4610

Mid-America Technology Center

www.matech.org
Wayne Ph: 405-449-3391 Ext 265

Mid-Del Lewis Eubanks Technology Center

www.mid-del.tec.ok.us Midwest City Ph: 405-739-1713

Moore Norman Technology Center

www.mntechology.com Norman Ph: 405-364-5763 Ext 7349

Northeast Technology Centers

www.netechcenters.com
1. Pryor Division Ph: 918-825-5555
2. Afton Division Ph: 918-257-8324
3. Kansas Division Kansas, OK Ph: 918-868-3535
4. Claremore Division Ph: 918-342-8066

Northwest Technology Center

www.nwtech.edu
Alva Ph: 580-327-0344

Pioneer Technology Center

www.pioneeretech.org
Ponca City Ph: 580-762-8336 Ext 251

Platt College www.plattcollege.org

(Conditional Approval)
1. Tulsa Campus Ph: 918-663-9000
2. Oklahoma City Campus Ph: 405-946-7799
3. Moore Campus Ph: 405-912-2777
4. Lawton Campus Ph: 580-355-4416

Pontotoc Technology Center

www.pontotoc.com Ada Ph: 580-310-2258

Red River Technology Center

www.redriver.tec.ok.us
Duncan Ph: 580-255-2903 Ext 237

Southern Okla. Tech. Center

www.sotc.org
Ardmore Ph: 580-223-2070 Ext 239

Southwest Technology Center

www.swtc.org
Altus Ph: 580-477-2250 Ext 257

Tri County Technology Center

www.tctc.org
Bartlesville Ph: 918-331-3223

Tulsa Tech, HSC www.tulsatech.com

Tulsa Ph: 918-828-5000/828-1043

Western Technology Center

www.wtc.tec.ok.us
Burns Flat Ph: 580-562-3181 Ext 2264

Wes Watkins Technology Center

www.wwttech.org
Wetumka Ph: 405-452-5500 Ext 277

REGISTERED NURSING PROGRAMS

Carl Albert State College

www.carlalbert.edu
1. Poteau Campus Phone: 918-647-1350-1355
2. Sallisaw Campus Phone: 918-775-6977

Connors State College

www.connorsstate.edu
Muskogee Campus Phone: 918-684-5436

Eastern Oklahoma State College

www.eosc.edu
1. Wilburton Campus Phone: 918-465-2361

ext. 796

2. Idabel Campus Phone: 580-286-9431
3. McAlester Campus Phone: 918-302-3607

Murray State College www.mscc.edu

1. Tishomingo Campus Phone: 580-371-2371 ext. 337
2. Internet-Based Campus Tishomingo Phone: 580-371-2371 ext. 337

Northeastern OK A&M College

www.neo.edu
Miami Phone: 918-540-6312

Northern Oklahoma College www.noc.edu

1. Tonkawa Campus Phone: 580-628-6679
2. Enid Campus Phone: 580-242-6300
3. Stillwater Campus Phone: 405-372-1480

Oklahoma City Community College

www.okc.cc.ok.us Oklahoma City Phone: 405-682-7507

Oklahoma State University

www.osuokc.edu
Oklahoma City Phone: 405-945-3295

OSU Institute of Technology Okmulgee

www.osuit.edu Phone: 918-293-5337

Redlands Community College

www.redlandsc.edu El Reno Phone: 405-422-1262

Rogers State University www.rsu.edu

1. Claremore Campus Phone: 918-343-7635
2. Bartlesville Campus Phone: 918-338-8000

Rose State College www.rose.edu

1. Midwest City Campus
Phone: 405-733-7546
2. Internet-Based Campus Midwest City
Phone: 405-733-7546

Seminole State College www.ssc.cc.ok.us

Phone: 405-382-9205

Tulsa Community College www.tulsacc.edu

1. Tulsa Campus Phone: 918-595-7188
2. Owasso Campus Satellite Site Phone: 580-595-7188

Western Oklahoma State College

www.wosc.edu
1. Altus Campus Phone: 580-477-7830
2. Lawton Campus Phone: 580-477-7830
3. Elk City Campus Phone: 580-477-7830
4. Internet-Based Campus Altus Phone: 580-477-7830

BACCALAUREATE DEGREE PROGRAMS

East Central University www.ecok.edu

1. Ada Campus Ph: 580-332-8000 Ext 433/434
2. Durant Campus Ph: 580-924-0121
3. Ardmore Campus Ph: 580-223-1441

Langston University www.lunet.edu

1. Langston Campus Ph: 405-466-3411
2. Tulsa Campus Ph: 918-594-8070

Northwestern OK State Univ.

www.nwosu.edu
1. Alva Campus Ph: 580-327-8489
2. Enid Campus Ph: 580-233-3101
3. Woodward Campus Ph: 580-327-8489
4. Ponca City Campus Ph: 580-718-5600

Oklahoma Baptist University

www.okbu.edu
Shawnee Ph: 405-878-2081

Oklahoma Christian University

www.oc.edu
Oklahoma City Ph: 405-425-5000

Oklahoma City University Kramer School of Nursing

www.okcu.edu
1. Oklahoma City Campus Ph: 405-208-5900
2. Duncan Campus Ph: 405-208-5900

Oklahoma Wesleyan University

www.okwu.edu
Bartlesville Ph: 918-335-6276

Oral Roberts University www.oru.edu

Tulsa Ph: 918-495-6198

Rogers State University www.rsu.edu

1. Claremore Campus Phone: 918-343-7635
2. Bartlesville Campus Phone: 918-338-8000

Southern Nazarene University

www.snu.edu
Bethany Ph: 405-491-6610

Southwestern OK State Univ.

www.swosu.edu
Weatherford Ph: 580-774-3261

University of Central Oklahoma

www.uco.edu
Edmond Ph: 405-974-5000

University of Oklahoma www.ouhsc.edu

1. Oklahoma City Campus Ph: 405-271-2428
2. Tulsa Campus Ph: 918-660-3950
3. Lawton Campus Ph: 580-591-8094

The University of Tulsa

www.cab.utulsa.edu
Ph: 918-631-2619

The following programs admit only Registered Nurses to Upper Division Courses and Grant a Baccalaureate Degree in Nursing.

Information on these programs is provided here as a service to the public; however, approval by the Oklahoma Board of Nursing is not required for RN-BSN programs. Please check with the Accreditation Commission for Education in Nursing (ACEN) or the Commission on Collegiate Nursing Education (CCNE) for information on the accreditation status of the programs.

Bacone College www.bacone.edu Muskogee Ph: 918-781-7325

Northeastern State Univ. www.nsuok.edu

Muskogee Ph: 918-781-5410

Oklahoma Panhandle State Univ.

www.opsu.edu Goodwell Ph: 580-349-2611 Ext 269

University of Phoenix www.phoenix.edu

1. Tulsa Campus Ph: 918-622-4981
2. Oklahoma City Campus Ph: 888-888-8166
3. Norman Campus Ph: 405-842-8007



NILMDTS

Continued from Page 8

families."

In addition to photographers, NILMDTS is in need of non-

Sandy Puc' to take black and white portraits of them cradling their son. Puc' photographed the couple with Maddux at the hospital before he was removed from life support and after — when he was free from the tubes



photographer volunteers as well. If you are interested in being part of the Oklahoma volunteer team, you are encouraged to attend the first hour of the workshop.

Now I Lay Me Down to Sleep was founded in 2005 after Cheryl Haggard lost her son Maddux to a condition called myotubular myopathy. On the sixth day of his young life,

Maddux's parents, Mike and Cheryl Haggard had to make the excruciating decision to take him off life support. Before they did, they called Denver area photographer

and the wires that had sustained him.

Those tender photographs documenting Maddux's eternal connection with his parents inspired Cheryl Haggard and Sandy Puc' to create NILMDTS.

With nearly 1,500 active volunteers around the world, NILMDTS reaches all 50 states and has been or is present in 40 countries worldwide. Since 2005, NILMDTS has photographed more than 40,000 babies and in 2017 more than 4,000 families were gifted remembrance portraits.



**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*

Q. I am single and my life is good but I desire (not need) to have a partner to spend time and enjoy life together. I sometimes feel lonely and worry that maybe I will never have someone. What do you think?

A. I think what you desire is normal. I don't know what your past experiences with relationships has been but often times being single is an awesome time to heal from past wounds, find a deeper relationship with yourself and just take a breather.

I think the reality with your question lies in who we choose and why we choose them. If you are looking for love "to complete you" then you might be setting yourself up for disappointment. We shouldn't be looking for our "better half," we want to look for someone who will enrich our life.

"There are worse things than feeling alone. Things like being with someone and still feeling alone."

Something that is troubling in today's relationships is the speed in which they progress. "I like you, I love you" can occur within days or weeks. What happened to the development of the "friendship." It appears that many people have lost the art of the friendship, i.e., getting to know each other by asking questions and sharing information. Spending hours talking. (not by text!!) Face to face.

"The best thing to spend on your relationship is time, conversation, understanding and honesty."

While in this single time of your life think about your previous relationships. If female, draw pictures of the men who have been in your life. List all their positive and negative characteristics. Also include your father. Are there any common themes? Do you continue to attract to what is familiar? (If you are male, do the same thing with the women who have been in your life, including your mother). This is very powerful therapy homework. If familiar hurts you, change must occur.

"Don't marry the needy girl just to make yourself feel better, the knight in shining armor pays a high price."

Try to have several activities and friendships that you enjoy. Build a life around doing things and being around people who make you feel good. Live life and see what happens. It is very normal to be a single person and hope someone really special comes into your life. So while you think about it happening go to that concert, take a friend to the art show, walk around the lake and just be single.

A great relationship is about two things: First, appreciating the similarities, and second, respecting the differences.



NURSE + TALK

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

What's your nursing grossout? Integris Southwest Medical Emergency Department

I don't like breathing skin dust, it grosses me out.



Brandon Marshall, R.N.

Trachs and sputum, just the sound and color.



Tonya Sheppard, R.N.

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

Earwax and tonsil stones make me want to vomit.



Haile Hamilton, R.N.

Teeth out of the mouth and toes.



Maria Bergman, R.N.



In December 2014, Brandi had a case of strep throat which resulted in the diagnosis of dilated cardiomyopathy. Unable to tolerate any of the medications to treat it, she was told that ultimately a heart transplant would be needed to save her life. Her health began to decline daily, and she spent nearly a month in the Intensive Care Unit before she received a new heart. Brandi's life was saved by a selfless donor, and is now able to exercise, travel and enjoy time with her friends and family.

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at www.LifeShareRegistry.org. You may also call 800-826-LIFE (5433) and request a donor registration card.

LifeShare

2ND ANNUAL SUMMER SOCIAL

**Thurs, June 28th
7 PM**

2 S Mickey Mantle Dr, Oklahoma City, OK 73104

LOTS OF FOOD • DRINKS • DODGER BALL CAPS • DOOR PRIZES • FREE PARKING **

***This event is being offered to IL, AL, LTC, SNF – Administrators, Directors of Nursing, Social Services, Hospital, In-Patient Rehab Case Managers And Social Workers ONLY. Must be 21 to attend and if not on the list, will be sent away. RSVP Event, by Invitation only. RSVP's must be received NO LATER than Friday, June 22nd. RSVP to Jeff Aynes at okmarketingplus@gmail.com or call 405-204-6961 if you have questions.**

****Free parking available at the Parking Lot by Bass Pro catty-corner to the Ball Park.**

EVENT TO THANK YOU FOR YOUR WONDERFUL WORK SUPPORTING SENIORS

THANK YOU!

Thanks to our **more than 30,000 donors that stepped up** in a challenging economic environment and generously donated to our 2017 campaign. We are so thankful for the community support and special thanks to the companies listed below and their employees for being our largest supporters. These companies, along with many other companies and individuals, are making a big difference in our community via their support for the United Way of Central Oklahoma.



TOP 20 CAMPAIGNS

LARGE BUSINESS CONTRIBUTORS (250+ EMPLOYEES)

Devon Energy Corporation
Chesapeake Energy Corporation
OGE Energy Corp.
Love's Travel Stops & Country Stores, Inc.
American Fidelity
MidFirst Bank
INTEGRIS Health

The Chickasaw Nation
Bank of Oklahoma
Enable Midstream Partners
BancFirst
The Oklahoman Media Company
Oklahoma Natural Gas, A Division of ONE Gas
SONIC, America's Drive-In

Cox Communications
UPS
Continental Resources
7-Eleven Stores
AT&T
CompSource Mutual Insurance Company

MEDIUM BUSINESS CONTRIBUTORS (50-249 EMPLOYEES)

Ascent Resources
BC Clark Jewelers
Tapstone Energy, LLC
Enterprise Rent-A-Car
Ackerman McQueen
First Fidelity Bank
White Star Petroleum, LLC

Ernst & Young LLP
Mustang Fuel Corporation
Clements Foods Company
LSB Industries, Inc.
Hall Capital/Fred Jones
Bank SNB
Tronox LLC

INSURICA
Blue Cross and Blue Shield of Oklahoma
KPMG LLP
The Greater Oklahoma City Chamber
XTO Energy Inc
Guernsey

SMALL BUSINESS CONTRIBUTORS (<49 EMPLOYEES)

E.L. and Thelma Gaylord Foundation
Kirkpatrick Family Fund
EnCap Flatrock Midstream
Presbyterian Health Foundation
Inasmuch Foundation
Tall Oak Midstream LLC
Wiggin Properties LLC

MetaFund
Foundation Medical Staffing
Cresap Family Foundation
Walter Duncan Oil
Valliance Bank
C S I
Lippert Bros., Inc.

J. E. Dunn Construction
First National Bank of Oklahoma
PACCAR Parts
Commerce Bank
Oklahoma Foundation for the Disabled
Federal Reserve Bank of Kansas City
Oklahoma City Branch