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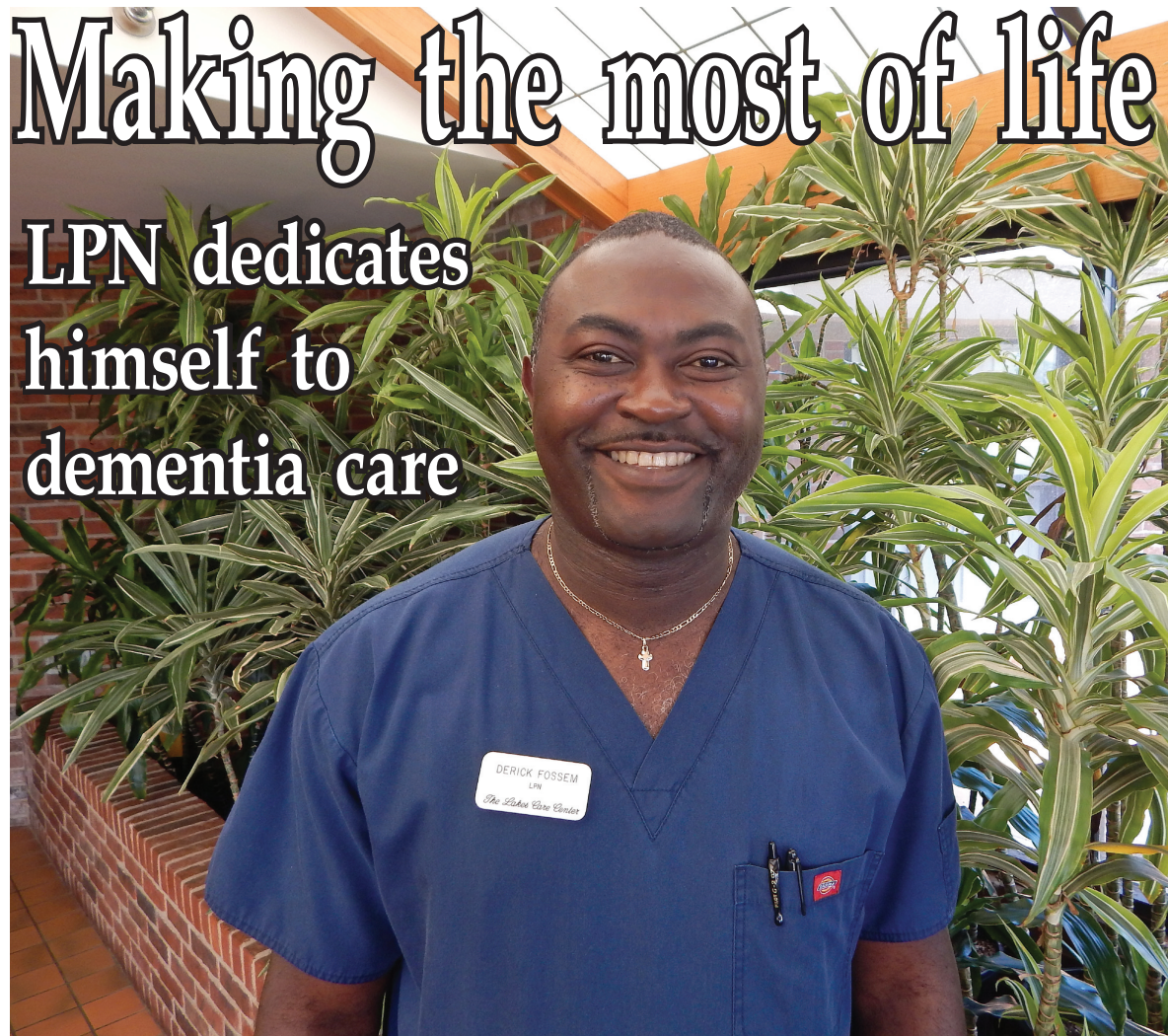



photo by James Coburn

Derrick Fossem, LPN, says it is his duty and calling to help nursing home residents live their personal best while they live at the Lakes Care Center in Oklahoma City.

by James Coburn  
Staff Writer

Compassion will transcend borders. Such is the case for Derrick Fossem, who crossed an ocean to bring his dream of helping people with dementia live

better lives. Fossem came to America from Cameroon in 2008 to study nursing and to learn more about the neurological disease process that inflicted his family.

"Growing up as a kid, I always liked taking care

of older people," Fossem said. "So when I had the opportunity to become a nurse, it was like a call to me."

A nurse for five years, Fossem is a graduate of Platt College in Moore. As a licensed practical nurse, he cares for patients living with Alzheimer's disease at the Lakes Care Center, located near Lake Hefner in Oklahoma City.

"Back in Africa I never knew anything about Alzheimer's,"

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See FOSSEM Page 3

## INTEGRIS Receives Women's Choice Award

According to the American Cancer Society, more than one million people in the U.S. are diagnosed with cancer each year. INTEGRIS Baptist Medical Center and INTEGRIS Cancer Institute are among an elite group of 331 hospitals nationwide, who have earned the 2015 Women's Choice Award for cancer.

"We understand that women make the majority of the health care related decisions in their families, so it is imperative that we earn and retain their trust," says Bruce Lawrence, president and chief executive officer of INTEGRIS Health. "The Women's Choice Award indicates that INTEGRIS' cancer program has been reviewed and compared to programs of other facilities before being awarded this designation. It provides confidence that choosing INTEGRIS is the right choice for their cancer care needs."

INTEGRIS received the prestigious honor by meeting cancer care accreditation standards of the American College of Surgeons Commission on Cancer; as well as for their excellence in clinical performance with regard to patient safety measures, and for their high recommendation rate.

"Women have many choices when it comes to cancer care, but now they can make informed choices based on rigorous evidence based criteria. As a cancer survivor who faced a challenging journey to recovery, I wish I had the Women's Choice Award as a resource to spare me unnecessary fret and error," said Delia Passi, the founder and chief executive officer of the Women's Choice Award. "When faced with cancer you owe it to yourself and your family to get the best treatment possible."



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## FOSSEM

Continued from Page 1

Fossem said. "So when I got here, I went to nursing school and started working at the Lakes. From that I was chosen as the first nurse from the Lakes to be sent to the National Association of Alzheimer's and Dementia to be trained," Fossem said. He realized that he did not have the knowledge he needed to take care of his family when he lived in Cameroon, he said.

"Having had that opportunity and in working with them -- it's fun for me. And at the same time I love caring for them," Fossem said. "That is what has kept me here all this while."

The Lakes Care Center in Oklahoma City provides enrichment for the daily lives of its residents, said Danna Legleiter, administrator. The Lakes has 146 licensed beds for skilled and long-term care, Legleiter said. This includes 20 beds that are dedicated to dementia memory care. There is a total of 150 employees, including 35 nurses.

"We definitely want positive and happy people," Legleiter said. "We want people that genuinely care about the residents.

The nursing staff goes above and beyond their role as nurses for the residents, Legleiter said. Good quality care is the goal of the Lakes.

When a person repeats themselves indefinitely with Alzheimer's, it's not their fault, Fossem said. The disease process renders their memory helpless, he explained.

"We withdraw from them when they are agitated and we come back and just give them some time. We try to redirect them as much as we can," he said. "It's like a continuous process. It's not something you do and just go sit. It's something you do all of the time, because you have to keep reminding them and they forget very quickly. Most of the time it works."

Fossem talks to his patients according to where they are in life. Reassuring them helps, he said. Communication is important, because a person living with dementia may become frustrated or angry if they feel they are being ignored. This will cause an increased risk for falling or other safety concern.

"It's a vocation. If you are not called, you cannot take care of them," Fossem explained.

Fossem said he may go back

to school if God is willing to earn advanced degrees to care for Alzheimer's patients. Dementia does not discriminate with its victims who range from all social stratum and levels of intelligence.

"I'm blessed with the fact that we have a management team that is really dedicated to patient care, Fossem continued. "We work as a team and have a great deal of team work."

All of the nurses at the Lakes Care Center are dedicated to providing the best care for every resident, he said. And the managers seek to improve the level of care on a daily basis, he added.

"We have so many in services all the time," said Fossem, who takes care of his daughter during his days off. For Fossem, leisure time is family time.

At work, he meets with family members who want to be involved in their loved one's care. Any time there is a change of medication or a change in a resident's health, the staff will contact the families to let them know, he said.

"We try to connect them in the care because sometimes the (Alzheimer's patient) doesn't listen to us," he said. "They always want to

know how they're doing or eating. They check that they are clean, and very often we have very minimal dissatisfaction."

All the Alzheimer's patients have different degrees of dementia, but Fossem keeps helping them to live each day to their fullest.

"Sometimes it's really disheartening seeing them go down that hill," he said. "But all we can do is try to give them as much independence as we can. We try to assist them as much as we can and give them the dignity that they deserve."

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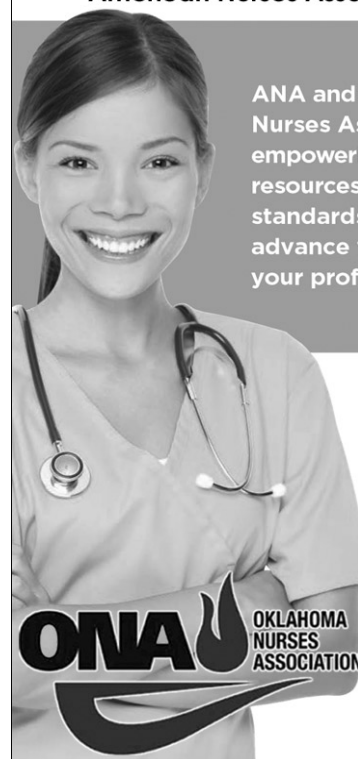
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# CAREERS IN NURSING

## FINDING COMFORT: ORTHO NURSING RESULTS IN PATIENT SATISFACTION

by James Coburn - Writer/Photographer

A love for teaching her staff and patients about orthopedics motivates Connie Warren's career as a registered nurse and the joint program coordinator at the Orthopedic and Joint Replacement Center of Mercy Hospital in Oklahoma City.

"In that joint replacement world, they are more than eager to learn," she said. "It just feels like home."

There is a sense of shared governance at Mercy. Warren feels her voice is heard when there is something she wants to contribute to the betterment of patient care. She shares that philosophy of learning with other nurses, too.

"People know you by your first name and you know them," she said.

Warren returned to Mercy Hospital in 1998 after traveling for a couple of years. She has served in her present position for nearly five years of her nine years with the full-service hospital.

She earned her Bachelor of

Science degree in Nursing at Oklahoma Panhandle State. Her nursing experience ranges from orthopedic care to cardiopulmonary, rehab and medical surgical. But orthopedics is where her heart is, she said.

"It's been a long journey," she said.

Finding a career opening in the world of orthopedics was not easy for her. All the hospitals wanted experience. And Mercy was willing to provide her the experience she needed to thrive in orthopedic nursing.

"Mercy gave me the opportunity to move from rehab to orthopedics," said Warren, who worked as a nursing assistant in a nursing home during high school.

Warren said she's has worked at other hospitals but stays with the friendly employees at Mercy. They are genuine and compassionate, she said.

"I find that my leaders and staff truly work as a team," she added.

This outstanding camaraderie translates well into patient care. Team spirit produces continuity of care, she said. Patients are introduced to the joint replacement program of orthopedics two weeks before their surgery date.

"I do an education piece with them," Warren said. "Everything I have taught them, I have also taught the nurses," Warren said. "So when we go in to take care of our patients, they know my face. They know the pain team's face, therapy's face. They have put a name with us and have talked with us."

Her sessions of educating orthopedic patients will last about three hours, she said. All of this results in patient satisfaction regarding trust and comfort. Patients become confident in the care they receive when they know what should happen during a procedure for a successful outcome, Warren explained.

"If they have a question, I tell them to call me," said Warren, who

sees every one of her patients on a daily basis.

"We see them in the community. They talk to us. It is not just a sterile environment. And all the nurses know they can come in here and talk to me any time. I go out there and help them with their nursing care. So it just leads to continuity of care. And the patients are more comfortable and the nurses are more comfortable."

Patient care become more seamless without abrupt ramifications that interfere with the flow of life, said Warren, who loves being outdoors, gardening with her hands in the good earth.

Of course there are qualities a nurse must bring to their career. They must be compassionate to be good at their work, Warren said. A lot of educational options are available at Mercy for newer nurses to hone their skills.

"There are certain movements

**Continued on next page**



I was diagnosed with Juvenile Onset (Type I) Diabetes shortly after my eighth birthday. I did well for many years without too many problems but at the age of 43 my kidneys began to fail. Shortly after this decline, I began dialysis and was placed on the transplant list for a donated kidney and pancreas. This was a difficult decision because I knew someone would have to lose their life before mine could be healthy again.

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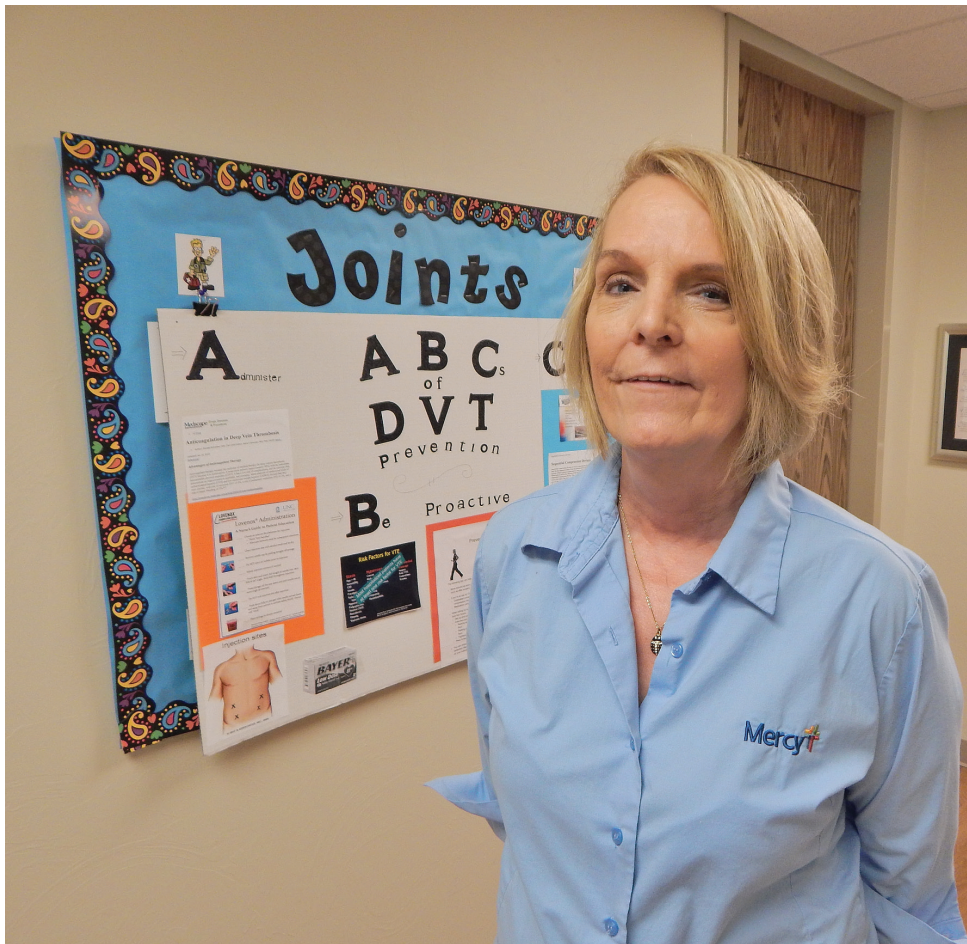
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Connie Warren likes boating and fishing with her family. Her next goal is to run the half-marathon for the Oklahoma City Memorial next year. As a nurse at the Orthopedic and Joint Replacement Center, she's part of a team that makes these choices possible for others, too.

#### Continued from Page 4

with the body when you've had a hip replacement or a knee replacement," she said. "There are some things that you can and can't do. So you need to know how to move them correctly. You have to have patience because people who have had replacement don't move as fast as other patients maybe do move. But they have to be willing to be a team worker and ask questions. Don't be afraid to ask questions. I love questions."

She said it's nice to see the transition that Mercy's patients make from feeling the pain they express in her educational session to feeling free of pain. Some of her patients must be transported to her office in a wheel chair because they cannot walk that far.

"So after the surgery, seeing them go from that, to seeing them up in the halls walking -- then seeing them out in the community -- there walk pattern is normal," Warren said. "They no longer have that limit."

So for Warren, gratification comes from the transformations that she witnesses as a nurse. A married couple, man and wife, recently had knee surgery and liked the

program so much that they brought their entire Sunday school class who needed a joint replacement to Mercy.

"They told them about us and we replaced all of their joints," Warren said.

One of her gentlemen patients was able to reach his dream of walking on the Great Wall of China, she said. Square dancers, cowboys and people who want to continue working at their job have been helped by Mercy.

"Knowing that is the outcome is very gratifying," she said.

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# OMRF welcomes 60th class of Fleming Scholars



Oklahoma Medical Research Foundation 2015 Fleming Scholars

For many college students, summer means lounging by the pool, hanging out with friends or playing video games. But for a dozen Oklahoma science students, the summer of 2015 will be a lot more work than play. And that's exactly how they want it.

This week, the Oklahoma Medical Research Foundation welcomed its 60th class of Sir Alexander Fleming Scholars. The students, chosen from a pool of statewide applicants, will spend their summers performing laboratory research at OMRF.

Each will work side-by-side with senior medical researchers on an in-depth, individual research project. At the end of the summer, the students will write scientific papers and present their research results in formal seminars for OMRF's scientific staff.

"This program is intense by any standards, and it takes a lot of determination for young people at this age to give up an entire summer to be a part of it," said OMRF President Stephen Prescott, M.D. "But when they're finished, they all agree the payback is incredible."

Since the Fleming Scholar Program began in 1956, more than 500 Oklahoma students have had their first taste of laboratory research under the guidance of OMRF scientists. Many have gone to careers in medicine and research.

"As Fleming Scholars, these students get a close-up look at what it's really like to do research," said Carlisa Curry, program coordinator. "This experience can tell them early on if they enjoy it and have an aptitude for it. It really helps students find out what research entails."

The 2015 Fleming Scholars are: Jake Gregston, Duncan, Southwestern Oklahoma State University, David Gutierrez, Woodward, Northwestern Oklahoma State University, Laura Jardine, Muskogee, Oklahoma City University, Krishna Manohar, Tulsa, University of Oklahoma, Savannah Martin, Duncan, Duncan High School, Kyle McCauley, McAlester, University of Oklahoma, Katie McDonald, Stillwater, Oklahoma School of Science and Mathematics, Jacy O'Dell, Claremore, Oklahoma Baptist University, Jillian Schlecht, Oklahoma City, University of Tulsa, Farris Tedder, Norman, Norman High School, Michael Thellmann, Edmond, Oklahoma Christian University, Eric Wu, Edmond, Edmond North High School. For more information on the Fleming Scholar Program, visit [www.omrf.org/fleming](http://www.omrf.org/fleming).



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#### Med Surg Patient Care Tech - Day

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#### Med Surg Health Unit Coordinator - Day

Full Time, variable days, 7 am-7pm, 6 months experience as division assistant or training as medical records or admitting clerk preferred.

#### RN Circulator- \$5000 Sign on Bonus for Full Time position with a 2 year commitment

(2 positions, 1 position Four 10 hour shifts, 1 position three 12 hour shifts), Variable days, Circulating exp. required, Ortho exp. preferred.

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#### Surgical Tech, \$1000 Sign On Bonus

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#### Med Surg Patient Care Tech II

Full Time, M-F Days, Must have one year clinical hospital experience as PCT/CNA/MA or have an AUA cert and formalized phlebotomy, order entry and EKG/Dysrhythmia training.

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# West Nile Virus Confirmed in Oklahoma

The first cases of West Nile virus (WNV) in Oklahoma have been confirmed in Okfuskee and McIntosh counties. The Oklahoma State Department of Health (OSDH) encourages residents to take precautions to reduce the risk of contracting WNV, a mosquito-borne illness. WNV is spread through the bite of the Culex mosquito, which feeds on infected birds and transmits the virus when biting humans, horses, and some other mammals. This type of mosquito increases in numbers during mid to late summer when the temperatures climb and the weather pattern is drier. Floodwater mosquito populations created by recent rain in Oklahoma do not increase the risk of WNV. The type of mosquitoes that hatch after severe flooding are primarily the species of mosquitoes classified as "nuisance mosquitoes". They bite aggressively and cause lots of itchy bites, but they are not typically involved with transmission of diseases.

Floodwater mosquito populations tend to die out three weeks after the rains stop and the sun dries out affected low lying areas.

Summertime typically marks the beginning of the WNV season in Oklahoma, with outdoor activities providing opportunities for encountering infected mosquitoes. Although the severity of this year's WNV season cannot be predicted, it is important to know the highest risk months in Oklahoma for WNV exposure occur from July through October. Since WNV was introduced into Oklahoma, there have been 3 outbreak years – 2003, 2007 and 2012. All three of these seasons were characterized by higher

than normal summer temperatures and drought.

Symptoms of WNV include sudden onset of fever, headache, dizziness, and muscle weakness. Long-lasting complications can include difficulty concentrating, migraine headaches, extreme muscle weakness and tremors, and paralysis of a limb. If one or more of these symptoms develop, especially after suffering mosquito bites within the previous two weeks, a health care provider should be contacted. Persons over the age of 50 are at greatest risk of developing severe neurologic disease from WNV. Some of the neurological effects of WNV may be permanent.

Among the precautions to take against mosquito bites are the following:

- Use an insect repellent containing DEET on exposed skin and clothing when you go outdoors, particularly if you are outside between dusk and dawn when mosquitoes are more likely to bite. Insect repellent with permethrin should be used on clothing only.

- Repair or install window and door screens to keep mosquitoes out of your home.

- Prevent items such as buckets, cans, pool covers, flower pots, and tires from holding standing water so mosquitoes don't have a place to breed.

- Empty your pet's outdoor water bowl and refill daily.

- Clean leaves and debris from rain gutters regularly to ensure they are not clogged.

- For more information, visit the Oklahoma State Department of Health home page at [www.ok.gov/health](http://www.ok.gov/health)

# Can a Fitness & Wellness Regimen Empower Women? *Celebrity Trainer Explains 3 Reasons Why It Can*

From an early age, women have foisted on them images of the "ideal" female body, and self-esteem can plummet when they fail to measure up.

But celebrity trainer Holly Perkins says it's time women stop buying into those societal pressures.

"There's this perception that all women need to look like perfect runway models," says Perkins. "They can feel the anxiety building when they are trying to meet someone else's expectations. That's when the effort to lose weight or get fit can add to the stresses of life instead of relieving them."

Certainly, women should want to improve their health, get fit and look gorgeous all at the same time, says Perkins, who recently released a home-exercise system designed specifically for women called baladea ([www.baladea.com](http://www.baladea.com)), with regimens she developed to fuse fitness and wellness exercises.

But getting in shape needs to be something women want for themselves, and not an effort to mimic some airbrushed image on a magazine cover at the supermarket, she says.

Perkins realized several years ago that her clients met their weight-loss goals faster when she created programs that addressed both their fitness and wellness needs at the same time.

They also felt happier about themselves. So she incorporated yoga and other stress-relieving and relaxation techniques into the baladea program.

Perkins offers three reasons why the right fitness and wellness regimen can empower women and emancipate them from society's image pressures:

- Because looking good makes you feel good. That's especially true when you're trying to look good to please yourself and not others, Perkins says. "There's this sense of empowerment when you exercise, eat a healthier diet and lose weight because it's what you want and not because

of peer pressure or societal pressures," she says.

Self-esteem rises when you improve your image on your terms, she says, and as a result "looking gorgeous never felt better."

- Because the science says so. Research shows that stress can keep you from losing weight and might even cause you to add pounds. Even if you eat well and exercise, an excessive amount of stress can counteract all your efforts. That's why meshing fitness and wellness works so well, Perkins says.

"Stress reduction and relaxation can significantly improve weight loss," she says. "That allows you to look and feel your absolute best."

- Because while improving your look, you also become healthier. You will feel amazing not just because of elevated self-esteem, but because your body really is functioning better because of the diet and exercise, Perkins says. Your energy level will rise and "you will feel ready for anything," she says.

"You can look awesome and you can feel happy at the same time," Perkins says. "It's all about letting your true self shine."

Holly Perkins is a national fitness expert and developer of baladea ([www.baladea.com](http://www.baladea.com)), a customizable fitness and wellness system for women. She holds a bachelor's degree in Exercise Physiology and is a Certified Strength and Conditioning Specialist (CSCS), one of the most prestigious certifications in the industry. She believes that making fitness a fun lifestyle is the best way to achieve true change. As one of the nation's leading weight-loss experts and a highly sought-after celebrity trainer, she has been featured in numerous magazines, newspapers and on national TV shows.

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# Sixth Annual African American Men's Health Summit

Join INTEGRIS Men's Health University and the East Zion District Men's Association for the sixth annual African American Men's Health Summit from 9 a.m. to noon on Saturday, June 20, at Metro Technology Center Springlake Campus Business Conference Center ,1900 Springlake Drive, Oklahoma City.

Free men's health screenings will be held from 9 a.m. to noon including cancer screenings for \*prostate PSA, \*skin, \*oral and colorectal (\*by appointment only) glucose, cholesterol, stroke, blood pressure and lung function,. Other activities include health and wellness information and resources, giveaways and door prizes. Join us for refreshments after the screenings.

Metro Technology Center will kick-off the events with three sessions of Metabolic Fitness, Functional Exercise instructed by Bilal Konte, including cardio calisthenics, core stability training, resistance training and a cool down. For more information or reservations, please call the INTEGRIS HealthLine at 405-951-2277.

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What other people see: lsdapghryhhsetgxc

What Nurses see: aspirin



## Oklahoma's Nursing Times Hospice Directory

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### Autumn Light Hospice:

580-252-1266

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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

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### City Hospice:

Beth Huntley, Vol. Coordinator,  
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### Comforting Hands Hospice:

Bartlesville: 918-331-0003

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### Indian Territory Home Health & Hospice:

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### LifeLine Hospice:

April Moon, RN Clinical Coordinator  
405-222-2051

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Ada, 580-332-6900 Staci Elder Hensley,  
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### PromiseCare Hospice:

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Coordinator, Lawton: (580) 248-1405

### Quality Life Hospice:

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### RoseRock Healthcare:

Audrey McCraw, Admin. 918-236-4866

### Ross Health Care:

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April Burrows, Enid; Vol. Coordinators,  
580-213-3333

### Russell Murray Hospice:

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### Valir Hospice Care:

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### Woodard Regional Hospice

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**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. If a 14 year old male with raging hormones decides to "check out his sexual curiosity" with a few of his sisters; is this a bad choice and sexual molestation or just a bad choice?**

A. I'm sure most people are aware of the reality TV family who are minimizing the inappropriate sexual behavior of their son, as are two of his victims. Most likely the American public will never know all the details of this case but what we do know is many "explanations" and "excuses" are being offered.

The tragic outcome to minimizing inappropriate sexual behavior is the "normalization" of it. If you are sleeping and your brother comes in to your room and violates your body because of his raging hormones and his inability to make good choices, it is not normal!! It is inappropriate and needs to be reported.

Sexual molestation leaves scars for the victims. If the perpetrator is not punished or sent to treatment,(for a lengthy amount of time, in a legitimate treatment facility where this type of behavior can be treated) there can be further emotional trauma for the victim. When parents want to sweep this behavior under the rug or explain it away to "keep the family together" and perhaps with this reality family, keep their current financial status intact, who loses? The whole family loses but especially the girls who were his prey.

And if you should hear someone say, "children are resilient," in the midst of this media coverage, please ignore them. Yes, children are resilient, what choice do they have? They are counting on the adults, the people who love and care for them, to protect them. Victimized children are struggling to make sense of the situation and cope. That's all they can do. But never for one minute believe that resiliency protects them from suffering.

Sexual molestation is not a "normal rite of passage" for 14 year old males with raging hormones or anyone with raging hormones. Stop minimizing and normalizing a devastating behavior.

# OMRF scientist takes his research on the road



Oklahoma Medical Research Foundation scientist David Jones, Ph.D.

When Dr. David Jones packed his bags for this year's OK Freewheel event, he included supplies that you might expect for someone going on a week-long bicycle ride: water bottles, helmet and extra tire tubes for those inevitable flats.

But he also added a few other items that you probably won't find in his fellow riders' luggage: a tie, a freshly pressed pair of khakis and a presentation about cancer research.

This week, Jones is joining approximately 1,000 other riders as they cycle across the state on a route that stretches more than 400 miles from Hollis to Fort Smith, Ark. But on three of the seven days of the ride (which began June 7 and will end June 13), when he's finished cycling, Jones is heading to nearby communities to deliver talks about the cancer research he's performing at the Oklahoma Medical Research Foundation.

"I can't think of a better way to learn about my new home state than by riding from one end of it to the other," said Jones, who moved to Oklahoma City from Utah last summer. "But at the same time, it also gives me a chance to tell people who might not be able to visit OMRF about the exciting things we're doing."

At OMRF, Jones and his research team are developing new methods

to treat and prevent colon cancer. "We focus on the idea that these cancer cells are confused about their identity," said Jones, who holds the Jeannine Tuttle Rainbolt Endowed Chair in Cancer Research at OMRF. "So we're working to develop new ways to restore what I'd call their 'normal thinking.'"

In Altus on Saturday evening, he told a group about this research and other initiatives at OMRF, where scientists are also exploring new approaches for treating breast and ovarian cancers. Much of that work, said Jones, is being done in partnership with the University of Oklahoma's Stephenson Cancer Center, where Jones also serves as deputy director for translational research.

"The best part of this collaboration is that it enables us to bring experimental therapies to Oklahoma cancer patients," said Jones.

By Wednesday, Jones, an avid cyclist who typically trains by riding 100 to 200 miles per week, will reach Ada. There, he'll speak to another audience about his work, and he'll do the same the following evening in McAlester.

With temperatures expected to reach the high 80s or low 90s each





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*Then there would be no nurturing souls.*



Zoe Burleson

*We would all cry.*



Kim Suggs, RN

## ROAD

Continued from page 10

day, Jones knows that the hours of cycling each day—followed by nights spent camping in a tent—will leave him spent. Still, his biggest concern is not running out of energy before his talks.

"The hardest part will be finding a shower and getting cleaned up for an audience," he said. "Otherwise, who's going to believe that a sweaty guy in bike shorts can help find new ways to treat cancer?"

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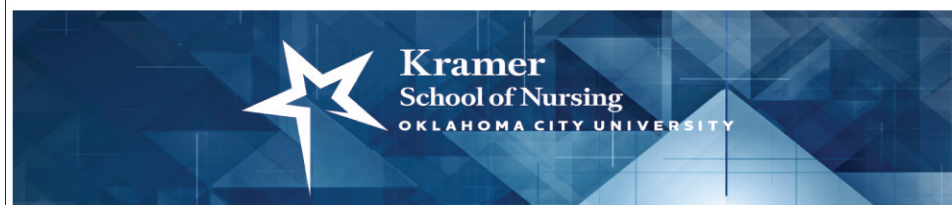
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