# Oklahoma's Nursing Times

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Nurses help kids live dreams

Andrea Gunter, RN, (left) and Terisa Denwalt, RN, will help children with disabilities live out their dreams this summer at JD McCarty's Camp ClapHans.

#### by Bobby Anderson, RN, Staff Writer

For a few short weeks this summer, children with disabilities from across the region will gather in Norman to celebrate just being kids.

It's a highly-anticipated annual affair carried out at JD McCarty Center for Children with Developmental Disabilities and it's known as Camp ClapHans.

And for registered nurses Andrea Gunter and Terisa Denwalt it will be a time to witness pure joy. Last year was Gunter's first experience with camp. She had worked part-time at the residence houses before getting the invite to come down to the onsite camp facility next to the center's lake.

"It's different and there's just so much diversity," Gunter said. "It's like a whole different thing than I've ever done before. It's a lot of fun. It's more of a relaxed environment, the kids are here and everybody is having a good time."

"You're just here to give meds and help See KIDS Page 3 INTEGRIS Community Hospital – OKC West Opening Celebrated INTEGRIS *Health*.

The new INTEGRIS Community Hospital – OKC West, which brings a transformative concept of health care to Central Oklahoma, is officially open and accepting patients.

A grand opening ribbon-cutting event was held June 10 to introduce the community to the new hospital, 300 S. Rockwell Ave., in Oklahoma City. Speakers included Tim Pehrson, president and CEO of INTEGRIS, David Stillwell, president of the West Region for Emerus Holdings Inc., David Holt, mayor of Oklahoma City and Percy Kirk, chamber chair of the Greater Oklahoma City Chamber of Commerce.

The 22,475-square-foot, two-story INTEGRIS Community Hospital – OKC West is part of a major initiative in which INTEGRIS has opened four new community hospitals – small-format facilities also known as micro-hospitals or neighborhood hospitals – in the Oklahoma City metropolitan area.

The INTEGRIS Community Hospital at Council Crossing, 9417 N. Council Road, the INTEGRIS Moore Community Hospital, 1401 SW 34th St., and the INTEGRIS Del City Community Hospital, 4801 SE 15th St., all opened earlier this year.

As part of its expansion initiative, INTEGRIS, the state's largest nonprofit health care system, entered into a joint venture partnership with Emerus, the nation's first and largest operator of community hospitals, to build and manage the facilities. The community hospital concept has emerged as a

#### **OPENING** Continued from Page 1

growing trend as health systems look to offer more cost-effective and streamlined care.

"Oklahomans have told us they want quicker, more convenient medical care, without compromising quality or safety," Pehrson said. "These community hospitals allow us to do just that, bring high-quality care closer to home for many of the residents we serve."

Emerus Chief Executive Officer Craig Goguen said the company is honored to partner with INTEGRIS, an award-winning, highly respected health system brand, as it expands its footprint throughout central Oklahoma. "We're excited that all four of our beautiful new community hospitals are now open to patients in the Oklahoma City area, allowing a great health system like INTEGRIS to expand its reach into the community to provide a variety of patient services that are fast, convenient and economical."

These new community hospitals will serve a variety of patient needs including emergency medical care, inpatient care and other comprehensive



health services. While the ancillary services vary, each community hospital has a set of core services including the emergency department, pharmacy, lab and imaging.

The rest of the services depend on the needs of the community, but common examples include primary care, dietary services, women's services and low-acuity outpatient surgeries. The community hospitals offer:

•Health system integration —

allowing for care coordination, consultation and seamless transition across the care continuum

•Fully licensed as a hospital and subject to all hospital conditions of participation and regulatory requirements

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•All patients accepted without regard to insurance or ability to pay, including Medicare, Medicaid and Tricare

•Community-based hospitals open 24 hours a day, seven days a week – offering ease of access to our patients

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#### KIDS **Continued from Page 1**

everything go smoothly."

A military wife, Gunter was no stranger to moving around the country. She worked in a lot of different types of nursing settings.

After taking a year off she started looking around for another setting.

"I get to work part-time and it's just great," Gunter said. "Every time I get a job in nursing it's like this is my favorite job."

Denwalt is working her first camp this summer. Working orthopedic oncology for 20 years she went into schools two years ago to help with special needs children for a change.

"Going through nursing school 22 years ago we did a class project and we all went to volunteer for the Special Olympics and I just kept doing it after that," Denwalt said. "I've always kind of been involved and thought I would end up in this area and then the opportunity just came up."

Children have always had that pull.

"I just love playing with the kids and talking to them," Denwalt said. "There's no negative feelings out there. It's a total positive. You don't ever hear about people in this line of work complaining about their job like they do everywhere else."

Gunter has already given her some pointers. But the main thing to remember is just have fun.

"It's an enjoyable experience because the kids bring so much joy to you that you just want to try and give them as much joy back," Gunter said. "You're here as the nurse and in a lot of nursing settings in the hospital your patients know they need the nurse. They don't need us. They're here to have fun."

Gunter enjoys watching the counselors getting kids ready each morning while she's doing her med pass.

"They are so good and it's so fortunate the kids have these opportunities," Gunter said. "In the school system they may stand out or feel different a little bit. Here they're just kids. Some kids come back every year so you have kids that see each other every summer

that have been coming for years. They're just so happy to see each other. It's sweet."

Marketing Director Greg Gaston said historically camp registration is complete within hours of opening.

Gaston said years ago parents began downloading the camp registration forms from the center's website and completing them in advance.

"Then they'll send it in at 12:01 a.m. the day registration opens," Gaston said with a chuckle.

Camp ClapHans is a residential summer camp for kids with disabilities ages 8 to 18 and is an outreach program of the McCarty Center.

Five camp sessions are offered each summer. The camp is located on the center's campus and features two cabins and an activities building that are located next to an 11-acre lake.

Activities for campers include archery, arts and crafts, canoeing, fishing, horseback riding, talent shows and swimming.

Each camper is assigned to counselor with the camper/ а counselor ratio of 1:1.

university students working toward a degree in allied health-care fields (physical therapy, occupational therapy, speech-language pathology); special and general education; outdoor recreation; nutrition; and other related fields. Prior to camp, staff members attend training.

The camp opened in 2013 and is named in honor of Sammy Jack Claphan, a citizen of the Cherokee Nation and an Oklahoma native. Sammy played football for the University of Oklahoma and graduated with a degree in special education. Afterward, he played in the NFL for the Cleveland Browns and the San Diego Chargers. After retiring from football, Sammy returned to Oklahoma and became a coach and a special education teacher. Sammy died in 2001 at the age of 45.

For Denwalt, the expectations for her first camp experience are simple.

"Something to come back to every year really," Denwalt said. "I want it to be something I enjoy and they enjoy me and take a little break from the hardcore stuff."

Staff members are typically



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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 kidney transplant.



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since my life was changed. It's hard to imagine what my family's life would have been like without it. Imagine the difference you could make as an organ donor!

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# **PASSION IN NURSING** FEELING OF ACCOMPLISHMENT: Bridges Skilled Rehabilitation in Bethany

#### by Vickie Jenkins - Writer/Photographer

At Grace Living Centers, we recognize that all people are endowed with the great dignity of having been made in the image and likeness of our Creator. Regardless of our age or abilities, we are each special. It is for this reason that we aspire to treat each person – patient, resident, family member and each other – with love and respect; to serve people with compassion and dignity. This is our mission; this is our approach to life. –Grace Living Center-

Meet Brianna Bean, RN at Grace Living Center, Bridges Skilled Rehabilitation in Bethany, OK. Growing up in Piedmont, OK, Brianna attended OCCC for nursing. She has been a nurse for a total of seven years. Her first job as a nurse was working at Oklahoma Heart Hospital as a PCCU nurse (Post Coronary Care Unit) and came to Grace Living Center a year ago.

Brianna explained why she is a nurse. "Ever since I was little, I wanted to be a nurse," Brianna said. "I had three younger siblings and I always took care of them. I just enjoyed helping them in any way that I could," she said. "I found myself helping them succeed in whatever they set out to do and I helped them better themselves. We are all still pretty close and they have told me they appreciated me helping them when they were younger." "I knew I would grow up to be a nurse. I like working here because when the patient comes in, they are not feeling so great but when they leave, they are feeling better. I guess you could say that I have a real desire to help others in any way that I can. It gives me a great feeling of accomplishment. That is why I am a nurse and I can't image

doing anything else."

What is the favorite part of your job? "It would be the way I get to work with the patients and learn all of their backgrounds. enjoy getting to know them. Ι I work in the skilled area unit, which means the patient is here due to surgery or an accident or they are here for rehab. It is nice to work with them and see them get better after their stay here; which can be from one week to two months. It just depends on the patient and how they are recovering. It is nice to see the patient leave feeling good about themselves," Brianna replied.

What qualities make a good nurse? "Above all, I think a nurse needs to be compassionate, and empathetic. They definitely need to have a lot of patience and be able to get to know the patient and understand them," Brianna said.

When asking Brianna to describe herself, she said, "I guess you could say I am a bubbly person and outgoing. I can have fun and I can be assertive when needed. I am very considerate and kind or so people tell me," she said with a smile. "I am a good team player and I love taking care of others. I guess that pretty much explains a lot about me."

If Brianna were to give someone advice for entering the medical field, she would tell them, "that going to school to be a nurse can be tough at times, especially when they just get started, but the end payoff is worth it. The gratification you get at the end is amazing! Just don't give up and know that you can do it!"

When Brianna is not working, she likes to spend time with her See BEAN Page 5

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With an outgoing and bubbly personality, Brianna enjoys working with the patients as they recover through therapy and rehabilitation.

#### BEAN **Continued from Page 4**

nine year old daughter, Jocelyn. "We love to sing and dance all the time and act silly," she said with a laugh. "We love just being ourselves. Jocelyn really likes art so I like to do art work with her. life in one word, what would it For myself, I am on a softball team and love to play. I have been playing softball since I was said, "adventurous."

five years old. I have played soccer in the past but haven't played that in about a year. I like to stay active and busy doing something all the time. I guess you could say that I am pretty outgoing," she said.

If you could sum up your be? With a quick answer that seemed fitting for her, Brianna

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## SSM Health St. Anthony nurse honored with DAISY Award Siji Jose, RN recognized for exceptional patient care



# atulate Our DAISY A

ation with NIC

Siji Jose, Staff RN (RIGHT) pictured with Jessie Lekites, RN, nurse manager (LEFT), is the hospital's most recent recipient of the DAISY Award. The DAISY Award for Extraordinary Nurses is part of the DAISY Foundation's program to recognize nurses who go the extra mile for their patients, families and team members.

SSM Health St. Anthony Hospital is pleased to announce that Siji Jose, Staff RN, is the hospital's most recent recipient of the DAISY Award. The DAISY Award for Extraordinary Nurses is part of the DAISY Foundation's program to recognize nurses who go the extra mile for their patients, families and team members.

Jose graduated with a nursing

from Oklahoma degree State University-Oklahoma City in 2018. He was nominated by a patient who felt positively impacted by the compassion, respect and excellence with which he approaches patient care relationships.

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Award

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See DAISY Page 8



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# The Children's Center Rehabilitation Hospital **VOLUME** Program Begins

Center The Children's Rehabilitation Hospital is proud to welcome this year's high school students participating in the VOLUME (Volunteer, Observe, Learn, Unify, Mentor, Explore) Summer Program. This program is focused on providing teenagers insight into the medical, rehabilitative and educational services offered at the Hospital.

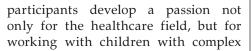
The VOLUME Summer Program provides hands-on learning experience to high school students who hope to pursue careers in healthcare, physical rehabilitation, special education or social work. Throughout the program, students participate in team and character-building activities, educational presentations and one-onone patient interaction. The program is limited to 24 participants each year, and is open to those enrolled in 10th through 12th grades during the preceding school year.

VOLUME Summer Program. Through



This year's high school students participating in the VOLUME (Volunteer, Observe, Learn, Unify, Mentor, Explore) Summer Program with the Children's Center Rehabilitation Hospital.

"This is the fifth year of the this program, we have seen our





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medical needs and disabilities," said Amy Coldren, manager of volunteer services at The Children's Center Rehabilitation Hospital. "By providing opportunities for one-on-one patient interaction, participates learn how to communicate and interact with children and teens whose abilities and life experiences differ from their

#### DAISY **Continued from Page 5**

reveal the healing presence of God," said Elain Richardson, chief nursing officer and vice president of nursing, St. Anthony Hospital. "Siji is a light for his patients and coworkers, going above and beyond in a manner worthy of the DAISY Award."

The not-for-profit DAISY Foundation is based in Glen Ellen, Calif. and was established by family members in memory of J. Patrick Barnes, who died in 1999 from complications due to autoimmune disease. The care Barnes and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families.

Nurses may be nominated by patients, families and colleagues, and they are chosen by a committee of nurses at SSM Health St. Anthony own. Participants typically graduate VOLUME with a deepened enthusiasm for their future career path and a greater knowledge of what it takes to achieve their goals. We have had tremendous success with our VOLUME participants. Each summer they make a positive impact on the Hospital's patients and staff."

Hospital to receive The DAISY Award. Awards are given throughout the year at presentations given in front of the nurse's colleagues, physicians, patients and visitors. Each honoree receives a certificate and a sculpture called A Healer's Touch, hand-carved by artists of the Shona Tribe in Africa, as a reminder of his accomplishment.

The DAISY Award has been awarded to SSM Health St. Anthony nurses since February 2018.

SSM Health in Oklahoma includes SSM Health St. Anthony Hospital (Oklahoma City); Bone & Joint Hospital at St. Anthony (Oklahoma City); St. Anthony South (Oklahoma City), SSM Health Outpatient Center (Oklahoma City) and St. Anthony Hospital - Shawnee (Shawnee, Okla.). The SSM Health network in Oklahoma also includes four SSM Health St. Anthony Healthplex campuses, a community freestanding ER (El Reno, Okla.), 16 affiliated hospitals, and SSM Health Medical Group with more than 250 physicians and providers.

### (AS PUBLISHED IN THE 2019 EDUCATION GUIDE TO NURSING) Redlands maintains strong reputation

For Jalelah Abdul-Raheem, P.h.D, RN, there was a certain comfort level that she fell in love with at Redlands Community College in El Reno.

Having worked there once before, she knew what she would be coming back to when she accepted the position of Interim Department Head of Nursing and Allied Health.

"Redlands is very community and family oriented," she said. "Everybody looks out for everybody. It's a real strong network and very supportive."

Maybe that's why Redlands graduates are some of the most sought-after in Oklahoma.

Or maybe it's just one of the reasons.

With a small ratio of students per instructor, a simulation lab, great employment opportunities after graduation and a live NCLEX review, Redlands has one of the best nursing programs in the area.

Community support is huge in Canadian County for the school and vice versa.

The Canadian County Health Department has requested Redlands students work with their OB nurse practitioner. Students have adopted a mission in El Reno treating recently released inmates and recovering drug and alcohol addicts.

Students serve in the twicemonthly, bilingual health clinic.

Redlands admits students one time each year to the traditional day program.

LPN to RN admission occurs for a handful of individuals in the spring.

The program threads theory and simulation together to help build understanding of the specific content being taught. Simulations enhance student understanding, build confidence prior to clinical as to what to do, say, and provide appropriate interventions for patients.

Redlands Nursing Program graduated its first class in 1981. The program is a two-year nursing program with new classes beginning in the fall of every year. Students graduate with an Associate in Applied Science Degree and upon graduation, are eligible to take the NCLEX exam to become a Registered Nurse. Redlands also offers options for LPNs attending the nursing program. LPNs who meet admission criteria are given credit for Fundamentals of Nursing.

Walking into a facility with her Redlands name badge on is always a treat for Abdul-Raheem.

"We have a very positive perception," Abdul-Raheem said. "(Employers) know we are community based. They have a lot of good things to say about our students and because we like to partner with others our name really gets out there."

A small faculty to student ratio allows Redlands instructors to team teach.

"Students are able to get more one-on-one instruction and they're able to get more of a mentorship from faculty that they hang on to," she said.



## REDLANDS

With a small ratio of students per instructor, a simulation lab, great employment opportunities after graduation and a live NCLEX review, Redlands has one of the best nursing programs in the area.

The Redlands Nursing Program is a two-year program, with new classes beginning each Fall. After graduating with an Associate in Applied Science degree, you are eligible to take the NCLEX exam to become a registered nurse. If you are currently an LPN, you can begin the program in the Spring semester.

Redlands Community College is located at 1300 South Country Club Road in El Reno. For more info. visit: www.redlandscc.edu or call 405.262.2552.

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# Scientists break new ground with old technique to find answers to arthritis

Scientists at the Oklahoma Medical Research Foundation are pushing the bounds of a decadesold scientific method to study the origins of osteoarthritis.

OMRF scientists Tim Griffin, Ph.D., and Albert Batushansky, Ph.D., are using a method called gas chromatography-mass spectrometry, or GC-MS, to measure changes in the cartilage of joints from mice. They are targeting cartilage metabolism, the biochemical reactions that occur in the cells to maintain the cartilage.

GC-MS has been used since the 1960s to profile molecules in conditions like drug abuse or steroid use, as well as other human diseases. Griffin and Batushansky are the first to use this method to study cartilage metabolism.

"The idea and basic methodology are old, but strategies for applying this technology are still developing," said Batushansky. "Look at the engine. The idea and technology significantly evolved as it was used in trains, then cars, then planes, then spacecraft and so on. Development and application change and evolve over time."

Osteoarthritis is the most common form of arthritis, stemming from the loss of cartilage between bones and joints, and it will affect more than half of all Americans age 65 or older. OA is the leading cause of disability and joint replacements in adults in the U.S.

"Even though OA is incredibly common, we don't know exactly how it develops and progresses at a cellular level," said Griffin. "Many recent studies, including our own, suggest that there is a metabolic origin to the disease."

Several factors can increase OA risk, including age, obesity, joint injuries, high-impact physical jobs, and genetics, but at the biochemical level it's unknown if these factors share a common origin or are unique, said Griffin.

The next step is to use this new metabolic approach to better understand how these different risk factors cause biochemical changes in cartilage. "We took on the challenge of working with mice lets us study different causes of OA like we see in humans," said Batushansky.

They hope their work can lead to new potential drug targets to treat or even prevent the disease. "If we can track and characterize the changes in cartilage metabolism using this method, it would help answer fundamental questions about the disease that might lead to novel drug therapies and prevention possibilities for osteoarthritis," said Griffin.

The findings were published in the journal Osteoarthritis and Cartilage. Other OMRF researchers who contributed were Erika Barboza Lopes, Ph.D., Shouan Zhu, Ph.D.,



Oklahoma Medical Research Foundation scientist Tim Griffin, Ph.D.

and Kenneth Humphries, Ph.D.

The research was supported by grant No. R01AG049058 from the National Institute of Aging, a part of the National Institutes of Health, and funding from the Oklahoma Center for Adult Stem Cell Research (OCASCR), a program of TSET.





Oklahoma's Nursing Times

June 17, 2019



# Presti family Gift Helps transform The Children's Hospital at OU

Sam Presti, executive vice president and general manager of the Oklahoma City Thunder, and his wife, Shannon, have announced their gift of \$600,000 to The Children's Hospital at OU Medicine.

The Presti's gift will have a major impact on The Children's Hospital. Thanks to the family's gift, two procedure rooms will receive renovations and technology upgrades in the Jimmy Everest Center for Cancer and Blood Disorders in Children and the Bone Marrow Transplant Unit at The Children's Hospital. The Presti's generosity will also create a nurturing and interactive space in the east lobby of The Children's Hospital, transforming both indoor and outdoor areas for patients and families that will foster creativity and healing for patients during their stay.

and approached us last fall to determine how he and Shannon could most effectively make a positive difference for our patients and their families," said Jon Hayes, president of The Children's Hospital. "It became clear that Sam had a resolute sense of gratitude to the community and wanted to reciprocate in a way that would benefit all Oklahomans irrespective of location, socioeconomic status or any other barrier. The Prestis see a strong children's hospital that endures well into the future as an essential aspect for all citizens of the state. We are so grateful for their generosity. At The Children's Hospital, our highest priority is to provide quality patient and family-

supporter of our mission and efforts centered care and to improve the and approached us last fall to lives of children throughout the determine how he and Shannon region. The Presti family's gift could most effectively make a positive helps us make every patient and difference for our patients and their families," said Jon Hayes, president of The Children's Hospital. "It became recovery and healing process."

The Children's Hospital is part of OU Medicine, a 501(c)(3) providing state of the art medical services to the children of Oklahoma and the region. OU Children's Physicians representing nearly every pediatric specialty, see patients at the hospital, as well as in clinics in the Oklahoma City metropolitan area and throughout the state.



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