

Oklahoma's NURSING TIMES

June 19, 2017

Vol. 18 Issue 25

Information for the Oklahoma Nursing & Health Care Professional

Published Weekly. Locally Owned and Operated by Metro Publishing L.L.C.


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Cause for Paws



photo by Bobby Anderson

Megan Gorham, RN, Kaci Brosh, RN, Christine McMurray, RN and Integris Canadian Valley Hospital's Council of Nurse Excellence recently held an animal fundraiser to benefit their community.

by Bobby Anderson
Staff Writer

Food drives, donations and bake sales run rampant in hospitals when it comes to raising money for community service projects.

But a group of nurses at Integris Canadian Valley Hospital took something near and dear to their hearts and their community to make a difference recently.

"The Council of Nurse

Excellence is a committee made up of all of the nurse of the year winners each year and during National Nurse's Week we always do a community project that week," said Kaci Brosh, RN and one of the organizers. "We are all animal lovers and this was something we thought would be fun and a little different."

So the group decided to raise awareness and supplies to help combat the growing

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Children's health the focus of Cain's nursing career



Tammy Kain's nursing career has always been about children, which makes her job as Mustang Public Schools resource nurse. Kain is pictured at Mustang Elementary School, one of five across the district to which she is regularly assigned.

story and photo by Traci Chapman

For Tammy Kain, nursing has always been about children - and she wouldn't have it any other way.

"I love everything about nursing - whether it's helping with women's health and family planning, the kids at the (Bethany) Children's Center and, of course, I love school nursing," Kain said. "I love the kids, the staff, the teachers."

Kain's love of children led her to an understandable destination - as Mustang Public Schools' new resource nurse. In that position, Kain works regularly at five of Mustang's seven elementary schools and occasionally for a sixth.

"It's a great, great job because I get to go from school to school and have the chance to treat and interact with

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KAIN

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so many of the kids," Kain said. "Of course, it has its challenges too - you must be very flexible, be able to juggle, because you never know what you're walking into from day to day."

School nursing is much different than the perception of many of the people Kain meets - parents, staff and even fellow nurses alike, she said. Far from just taking temperatures and sending children home or applying a band-aid and sending a student back to class, Kain and her fellow Mustang nurses deal with a wide range of issues.

"It's everything from things like diabetics who need injections and for us to monitor their blood sugar, children who have chronic conditions - serious issues like heart problems, congenital conditions and more," Kain said. "It's not just routine bumps and scrapes, trying to get a kid with flu home."

"School nursing is a little like an ER nurse," she said. "We don't just wait for the kids to walk in the door." Conditions like that make constant contact with families imperative, Kain

said. That, in turn, many times leads to a closeness nurses in more transitional environments might not enjoy, she said.

"We become their second families," Kain said. "These kids might be in our school for five years and we see them every day, know them, know their families, their siblings - it's difficult not to become emotionally invested in them."

That investment begins hours before school even begins. Kain follows her chronic patients' conditions online from home, often starting at 5 a.m. She oversees onsite nursing assistants and creates individual action plans for students dealing with issues ranging from food allergies to vision and hearing issues and more.

That level of care, not to mention the volume of patients seen daily by school nurses - 40 to 50 per day can come through any one school's nursing office, Kain said - can be difficult for districts struggling with a too-small staff. That's a reason why Mustang is so unique, she said.

"The district has made nursing a priority, and we're very unique," Kain said. "We have the premier program in the state of Oklahoma."

Nurses make more of a difference than in an individual patient's -

or even family's - lives, however, Kain said. District professionals help decrease absence and can determine if there is an underlying physical issue causing a particular student's behavioral issues.

"It could be that a student is struggling and it's their hearing or vision or perhaps an undiagnosed condition," she said. "That can be a simple fix because they have academic stresses or psychological assessments and the like."

"We also work to help kids make healthy decisions that can improve not only their health, but the health of their families - because they take these lessons home," Kain said. "Whether it's good eating habits, trying to exercise more, the dangers of smoking or drugs or even just ways to communicate openly about health issues or stress."

Kain clearly loves her job at Mustang Schools - after becoming an RN in 2000, she worked first for a Mercy health clinic, dealing with family planning, women's health and "just a little bit of everything."

She started in Mustang in 2002, working there for a year, then moved to Bethany's Children's Center, where she worked until 2010.

"I quickly advanced there and

worked in nursing administration," Kain said. "I loved it there - the children were so inspirational and their families were amazing, but in the end, I knew I wanted to come home."

That meant a move back to Mustang, the district she herself graduated from in 1986. It was a move she said she never regretted.

"In this position, I never know what I'll be doing or even where I'll be for certain," Kain said. "I just say, 'God, put me where you want me today,' and it always works out."

That was certainly the case not long ago, when Kain happened to walk into a school site as a student's severe medical crisis was unfolding.

"I was able to take care of the student in a life-threatening situation until EMS arrived," she said. "I wasn't even supposed to be there that day, but I was - and that's one of the things that reminds me how important this work truly is."

Kain lives in Mustang with her husband of 30 years. She has two grown daughters and a three-year-old grandson.

"My life is very, very full and blessed - and much of that blessing comes from being able to be a nurse," she said. "It's an amazing journey."

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PAWS

Continued from Page 1

population of dogs and cats in the community.

Christine McMurray, RN, explained the mission of the Council of Nurse Excellence is to improve the health of the people and the community the hospital serves.

During Nurse's Week, a pet donation drive collecting puppy pads, food, toys, bowls, collars and other items was also held at ICVH with staff bringing items each day.

At the end of the drive, local rescue agencies were invited to come and select items that they needed.

"They were so appreciative," said McMurray, who has a rescue puppy of her own at home courtesy of fellow coordinator Megan Gorham, RN.

The event also culminated with an adoption event on a Saturday where people could come and add a member to their family.

Megan walked away from the event with a little something special.

"I'm a crazy animal person," said Gorham, who adopted a Chiweenie mix named she named Koda.

Gorham swore she had no idea

she would be coming home with a new baby.

"Oh, we did," McMurray laughed. "I think she had to pretend she was in denial because of her husband."

Gorham and her husband already have two large dogs and Koda, which means little bear, spoke to both their hearts.

The week went so well the group has plans for the future.

"We're hoping to make this an annual event and get bigger. We learned about more agencies for the future to make it better," McMurray said.

The group found out that national pet adoption week immediately precedes National Nurses Week.

A new cat rescue called Nine Lives was able to accept donations of cat supplies.

"We're a pathway to excellence hospital so part of our designation is really focused on what the nurses do and their input," McMurray said. "We don't just do things here. We like to get out and volunteer and help the community."

The nurses agreed that the fundraiser spoke both to their hearts and to the community they serve.

"I heard someone say nursing

is the most trustworthy profession," McMurray said. "When you're sick, depressed or whatever you turn to your nurse and you turn to your pets."

Bosh said people just showed up to help or donate during the process including Big D's Barbeque in El Reno and Kona Ice.

Volunteers showed up from the hospital along with their family members.

"It was very laid back," Bosh said. "It was a fun day. The weather was beautiful. It was just perfect."

"I think the great part about our hospital is it felt just like you were at a picnic with your family," Gorham said.

When she's not adopting animals Gorham is a house supervisor at ICVH. Bosh is a lead nurse in the Women's Center in labor and delivery.

Formerly a house supervisor, McMurray is transitioning to ICU and Telemetry clinical nurse manager.

Brosh, who has a 10-year-old Chihuahua at home, said it's not a rare sight to see service dogs brought to the hospital for therapeutic support on a regular basis.

Gorham said the council promotes continuous improvement throughout

the hospital.

"It's to let nurses have a voice in the way things happen and the things that are changing based on what we hear from our patients and co-workers," Gorham said. "It's to allow nurses be heard."

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Tim, an Osage Nation member, was 26 and had his whole life ahead of him. He was healthy, athletic and enjoyed fishing, basketball and golf. He was about to welcome his only child into the world with his wife, but that day was quickly overshadowed after Tim was admitted to the hospital with severe fluid retention. Tim was put on home dialysis and eventually the transplant waiting list. Five years later, Tim received a new kidney. Tim is proud of his Osage Nation heritage and views himself as a symbol for donation and transplantation.

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CAREERS IN NURSING

MAKING RESIDENTS HAPPY: BRADFORD VILLAGE CELEBRATES CNA WEEK

by James Coburn - Writer/Photographer

Sadie Lambert has a lot to say about the role of the certified nursing aide. June 12 was National CNA Week, and Lambert has embraced her career full throttle for six years. She trained to become a CNA at Canadian Valley Technical Center in Yukon.

"It was an awesome program. I loved it. They spend a lot of time with you," said Lambert, CNA, at Bradford Village, located in Edmond. "They made sure you really knew all of the stuff that you needed to know. And there was no one in my class that failed at all."

Lambert followed the tradition of nursing in her family made by her mom and her aunt. She is already planning on going back to school to become a licensed practical nurse. Then she will earn her Bachelor of Science in Nursing degree.

Bradford Village was her choice to work, Lambert said. She had

already worked for parent company Brookdale in Texas and Weatherford before joining Bradford Village.

"When I moved up here there was a Brookdale that was close to me so I came up here," she explained. "I like it here. 'Her field of geriatric care is her niche as it keeps her engaged."

"Oh I love it. I am able to put a smile on these residents' faces when they need it the most," she said. "We are like their family. We help them through everything that they have. Whenever they don't have people coming to see them often — it's us. We're all that they have."

Lambert said a CNA has to be dedicated to people with compassion. A CNA needs to care about how the resident feels without focusing on their own feelings regarding an issue, she added.

"You just have to have a good attitude. You can't ever have bad attitude towards anyone," she said.

"If you have one, they will."

The residents come from different walks of life, but are in a different time in their lives. So the CNA gets to know them very well in their new homes.

"With the situation that they are in, there's a lot of them that make the best of it," Lambert said. "They make it really easy whenever they are happy. When they're happy, we're happy of course. I enjoy being able to make their life easier for them."

The CNA staff is a group of hard workers. She said there is not a single CNA who is not dedicated to their jobs. Everyone on the nursing staff is wonderful and works well together as a team, she said.

Being a CNA is challenging, but there are moments that sustain her spirit, she said.

One of her experiences involved a resident who would always make sure that Lambert was feeling

good.

"She was one of those who would go around and make sure everyone was having a good day," Lambert said. "She was not someone who came to you because she wanted something. She just wanted to make sure you had a wonderful day."

Lambert learns a lot from the residents. She sees residents leave and come back because they have had a stroke. They are not the same, but they're fighting to get back to normal, she said.

"Even if they know they are not going home. They are still trying their best and that's awesome," she said. "They're not giving up."

Their family members play a major part in their care. So communicating with them is valuable in patient care. Questions are answered readily. One of the family members brings a cake every week

Continued on next page


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Sadie Lambert, CNA, Bradford Village says it's an honor to serve the residents.

to thank the staff for taking care of her mother.

"When there is a question about their family they help us out. It works both ways," Lambert said.

Always at Walmart, a family member is sure to spot Lambert in the store and eagerly rush up to her to thank her.

Being a CNA is life changing, Lambert explained. Not always does someone have a career when they can return home feeling good about themselves because they know they were able to make somebody's day better, she said.

"Even if they are having a bad day, you still made them a little bit better during that day," she said. "It's not something that you will ever go home and be upset about. You will always feel good that you did your best in order to take care of these people."

During her time off, Lambert is usually playing baseball with her son. She also enjoys sitting at home being quiet.

"Quiet time is good. I like to read," she said.

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- Medical Assistant/AUA/Phlebotomist, Pre-Admission Testing, M-F, Part Time, Saturdays
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Oklahoma's NURSING TIMES

Being Mortal Screening and Discussion

The Oklahoma Chapter of the Hospice and Palliative Nurses Association and Saint Anthony Hospital invite healthcare providers to JOIN US for a free screening and discussion of the PBS FRONTLINE film *Being Mortal*. Based on the best-selling book by Atul Gawande, MD, this documentary explores the hopes of patients and families facing terminal illness and their relationships with the physicians and primary care providers who treat them. See the film and be part of a national conversation that brings medical professionals and community members together around the shared responsibility of discussing what matters most to patients and families facing difficult treatment decisions and how to have these conversations ahead of a medical crisis. (Program materials provided through a grant from the Hospice Foundation of America and the John & Wauna Harman Foundation.)



Atul Gawande, MD,

The Event will take place June 28, 2017 from 4:30 to 6:30 PM and offers 2 free CMEs. The event will take place at the Rapp Conference Center, 535 NW 9th Street (4th floor) in Oklahoma City, OK 73102.

Registration is requested for non-Saint Anthony Hospital associates. To register or for more information go to okhpna.nursingnetwork.com

Atul Gawande MD, MPH, is a surgeon, writer, and public health researcher. He practices general and endocrine surgery at Brigham and Women's Hospital and is professor in both the Department of Health Policy and Management at the Harvard School of Public Health and the Department of Surgery at Harvard Medical School. Dr. Gawande has been a staff writer for *The New Yorker* magazine since 1998 and has written four New York Times bestsellers: *Complications*, a finalist for the National Book Award in 2002; *Better*, one of the 10 best books of 2007 by Amazon.com; *The Checklist Manifesto* in 2009 and his most recent book, *Being Mortal: Medicine and What Matters in the End*, released in October 2014. He has won two National Magazine Awards, Academy Health's Impact Award for highest research impact on healthcare, a MacArthur Fellowship and the Lewis Thomas Award for Writing about Science.

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The best Father's Day gift: A healthy heart



Oklahoma Medical Research Foundation President Stephen Prescott, M.D., (far left) with his son, John, and his father, Mack, on Mack's 90th birthday in 2011.

Whether your Father's Day tradition is taking in a ball game, hitting the links or firing up the grill, the most important part is spending time with your dad.

But in Oklahoma and across the country, one illness is taking fathers away from their families prematurely and at an alarming rate: heart disease.

Heart disease is the leading cause of death for men in the U.S., killing one in every four males. According to the Centers for Disease Control and Prevention, more than 70 percent of sudden cardiac events occur in men, and half of the men who die suddenly of coronary disease have no previous symptoms.

"The good news is, if you're a father—or the spouse, sibling, friend or child of a father—there are straightforward steps that can lower heart disease risk significantly," said Oklahoma Medical Research Foundation President Stephen Prescott, M.D., a heart researcher (and also a father).

1. Watch your waistline

It's been known for some time that having an "apple" shape increases the risk for disease and death. But a 2014 study from *Annals of Internal Medicine* found that a man of normal body mass

index with an abnormally large belly has an 87 percent higher risk for death than a man with the same B.M.I. but a normal waist-to-hip ratio. Women with large bellies also showed higher risk, but not at the same level as men.

"Belly fat is especially deadly when it comes to heart disease in men," said Prescott.

A 2014 study from Harvard University showed that older men who engaged in regular weight training gained less belly fat than those who spent the same amount of time performing aerobic workouts.

"Optimally, a combination of regular aerobic activities and weight work typically yields the best results," said Prescott.

2. Kick butts

We all know that tobacco use causes cancer. But it's also a major contributor to heart disease.

"Quitting smoking is one of the single biggest decisions you can make for heart health," Prescott said. "Within just a few years, your risk for heart disease and stroke drop significantly."

3. Steer clear of trans fats

Trans fatty acids, or trans fats, were developed as a substitute for saturated

Oklahoma's Nursing Times Hospice Directory

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

Alpha Hospice: 7512 N Broadway Ext., suite 312
Okc, 405-463-5695 Keith Ruminer/volunteer
coordinator/chaplain

Autumn Bridge Hospice: 405-440-2440

Autumn Light Hospice: 580-252-1266

Carter Healthcare & Hospice: OKC - OKC
Pat McGowen, Vol Coordinator, 405-947-7705, ext.
134; Tulsa - Samantha Estes, Vol. Coordinator,
918-425-4000

Centennial Hospice: Becky Johnson,
Bereavement Coordinator 405-562-1211

Choice Home Health & Hospice:
405-879-3470

Comforting Hands Hospice: Bartlesville:
918-331-0003

Companion Hospice:
Steve Hickey, Vol. Coordinator, Guthrie:
405-282-3980; Edmond: 405-341-9751

Compassionate Care Hospice: Amy Legare,
Bereavement/Vol. Coordinator, 405-948-4357

Cornerstone Hospice: Vicky Herrington, Vol.
Coordinator, 918-641-5192

Crossroads Hospice: Elizabeth Horn, Vol.
Coordinator, 405-632-9631

Cross Timbers Hospice: Ardmore-
800-498-0655 Davis-580-369-5335 Volunteer
Coordinator-Shelly Murray

Excell Hospice: Toni K. Cameron, Vol.
Coordinator 405-631-0521

Faith Hospice of OKC: Charlene Kilgore, Vol.
Coordinator, 405-840-8915

Frontier Hospice: Kelly Morris, Vol.
Coordinator, 405-789-2913

Golden Age Hospice: 405-735-5121

Good Shepherd Hospice: 4350 Will Rogers
Parkway Suite 400 OKC OK 73108 405-943-0903

Grace Hospice Foundation: Sharon Doty, Dir
of Spec. Projects - Tulsa 918-744-7223

Harbor Light Hospice: Randy Pratt, Vol.
Coordinator, 1009 N Meridian, Oklahoma City, OK
73107 405-949-1200

Horizon Hospice: LaDonna Rhodes, Vol.
Coordinator, 918-473-0505

Heartland Hospice: Shawnee: Vol. Coord. Karen
Cleveland, 405-214-6442; OKC: Vol. Coord. Tricia
Woodward, 405-579-8565

Heavenly Hospice: Julie Myers, Coordinator
405-701-2536

Hope Hospice: Bartlesville: 918-333-7700,
Claremore: 918-343-0777 Owasso: 918-272-3060

Hospice by Loving Care: Connie McDivitt,
Vol. Coordinator, 405-872-1515

Hospice of Green Country: Tulsa:
918-747-2273, Claremore: 918-342-1222, Sapulpa:
918-224-7403

**INTEGRIS Hospice & the INTEGRIS Hospice
House:** Carol Prewitt, RN, Vol. Coordinator,
405-848-8884

Hospice of Owasso, Inc.: Todd A. Robertson,
Dir. of Marketing, 877-274-0333

Humanity Hospice: Sala Caldwell, Vol.
Coordinator 405-418-2530

InFinity Care of Tulsa: Spencer Brazeal, Vol.
Director, 918-392-0800

Indian Territory Home Health & Hospice:
1-866-279-3975

Interim Healthcare Hospice: 405-848-3555

Image HealthCare : 6116 S. Memorial Tulsa,
Ok. 74133 (918) 622-4799

LifeChoice Hospice: Christy Coppenbarger,
RN, Executive Director. 405-842-0171

LifeSpring In-Home Care Network: Terry
Boston, Volunteer and Bereavement Coordinator
405-801-3768

LifeLine Hospice: April Moon, RN Clinical
Coordinator 405-222-2051

Mercy Hospice: Sandy Schuler, Vol.
Coordinator, 405-486-8600

Mission Hospice L.L.C.: 2525 NW Expressway,
Ste. 312 OKC, OK 73112 405-848-3779

Oklahoma Hospice Care: 405-418-2659
Jennifer Forrester, Community Relations Director

One Health Home Health in Tulsa:
918-412-7200

Palliative Hospice: Janet Lowder, Seminole, &
Sabrina Johnson, Durant, 800-648-1655

Physician's Choice Hospice: Tim Clausing,
Vol. Coordinator 405-936-9433

Professional Home Hospice: Sallisaw:
877-418-1815; Muskogee: 866-683-9400; Poteau:
888-647-1378

PromiseCare Hospice: Angela Shelton, LPN -
Hospice Coordinator, Lawton: (580) 248-1405

Quality Life Hospice: 405 486-1357

RoseRock Healthcare: Audrey McCraw,
Admin. 918-236-4866

Ross Health Care: Glenn LeBlanc, Norman,
Chickasha; April Burrows, Enid; Vol. Coordinators,
580-213-3333

Russell Murray Hospice: Tambi Urias,
Vol. Coordinator, 405-262-3088; Kingfisher
405-375-5015; Weatherford-580-774-2661

Seasons Hospice: Carolyn Miller, Vol. /
Bereavement Coordinator, 918-745-0222

Sequoyah Memorial Hospice:
Vernon Stone, D. Min. Chaplin, Vol. Coordinator,
918-774-1171

Sooner Hospice, LLC:
Matt Ottis, Vol. Coordinator, 405-608-0555

OMRF

Continued from Page 8

fats like lard and can be found in fried foods, snack foods and baked goods. "But they're far more deadly than the saturated fats they replaced," said Prescott.

Trans fats increase artery-clogging LDL cholesterol, decrease protective HDL cholesterol, damage the lining of arteries and cause inflammation, which can destabilize arterial plaque and lead to a heart attack or stroke.

"Although many food manufacturers have cut back on using trans fats, even a small amount can substantially raise your heart disease risk," said Prescott. A mere two percent bump in calories from trans fats can raise coronary disease risk by as much as 29 percent.

To avoid trans fats, Prescott recommends two easy steps: "Don't eat any packaged foods that have the words 'partially hydrogenated' in their ingredient list, and unless a restaurant says it's trans fat-free, try to steer clear from fried foods when eating out."

4. Move it

After sitting in front of a computer

for eight hours at work, Americans increasingly trade one seat and screen for another, heading for the couch to stream their favorite Netflix series. But this sedentary lifestyle may literally be killing us.

"Research has shown that sitting still for long periods of time is harmful to our health, leading to more heart disease and death," said Prescott.

Unfortunately, these health outcomes may not be something we can reverse simply with visits to the gym. While regular exercise is beneficial, studies have consistently found that heart health is optimized when people also avoid long periods of inactivity.

"It's important that we move regularly," said Prescott. "At work, try to get up and walk around every hour; take the stairs instead of the elevator. Then take the dog for a walk when you get home."

Scientists at OMRF are working hard to find new ways to treat heart disease, Prescott said. "But the most effective way fathers—and everyone else—can fight coronary disease is to make lifestyle choices that help prevent it in the first place."

YMCA Military Welcome Center Receives \$10,000 from Masonic Fraternity of Oklahoma

The Y is pleased to announce it has received a \$10,000 donation from the Masonic Fraternity of Oklahoma to support the YMCA MILITARY WELCOME CENTER at Will Rogers World Airport. Operating primarily with the help of volunteers and community support, the YMCA MILITARY WELCOME CENTER offers a restful and relaxing atmosphere to traveling military personnel and their families at no cost.

"The mission of our Foundation is to positively affect Oklahomans from every walk of life," said John Logan, Executive Director of the Masonic Charity Foundation of Oklahoma. "Supporting our active military, veterans and their families is a vital part of being an Oklahoman." Rick Allison, grand master of Masons, presented a check for \$10,000 to David Foster, executive director of the EARLYWINE PARK YMCA, and Steven Lee, center director of the YMCA MILITARY WELCOME CENTER, so thousands of military personnel can enjoy a warm environment in which to rest and relax during extended layovers. "We are proud to be able to provide this service to the men and women who have made a commitment to serve our country," Foster said. "This center not only provides snacks and entertainment, but a place where YMCA volunteers can help solve problems, share experiences and offer encouragement." The YMCA OF GREATER OKLAHOMA CITY opened the doors of the YMCA MILITARY WELCOME CENTER on June 4, 2007. Since that time, more than 190,000 military personnel have had a place to connect with family and friends during extended layovers at Will Rogers World Airport while en route to military bases across the globe. The YMCA MILITARY WELCOME CENTER offers comfortable seating, television, complimentary Internet access and cell phone usage as well as complimentary snacks and beverages, video games and other means of entertainment at no cost to traveling military personnel and their families.

To learn more about the Y and programming that supports military families, contact David Foster, Executive Director for the EARLYWINE PARK YMCA at 405 297 7510 or dfoster@ymcaokc.org or visit ymcaokc.org/military-outreach.

The Hospice Directory above does not represent a list of all Hospice facilities statewide. For a complete list visit www.ok.gov/health

Oklahoma Insurer Files 2018 Rates for Federal Marketplace

Blue Cross Blue Shield of Oklahoma has submitted a Qualified Health Plan application, along with rates, for certification in the federally-facilitated exchange for 2018. This is an initial indication that, for the second straight year, only one insurer in Oklahoma will offer exchange products in the individual market.

"There is an incredible amount of uncertainty in the market right now," said Oklahoma Insurance Commissioner John D. Doak. "Insurers participating in Obamacare have experienced major losses. While we expect a full repeal of this disastrous experiment, insurers have to go by the regulations in place right now. That's why we've seen so many insurers dropping out of exchanges across the country or resorting to double digit premium increases."

The Oklahoma Insurance Department does not have statutory authority to approve or deny rate increases filed by insurers on the federal exchange. Oklahoma, along with Texas and Wyoming, is a direct enforcement state with no authority to enforce provisions of the Affordable Care Act.

The Centers for Medicare and Medicaid Services (CMS) intends to post information on proposed rate filings for consumers to review on <https://rateview.healthcare.gov> on Aug. 1, 2017. In compliance with state statutes, OID cannot release or comment on the rates until that time. CMS officials will review the proposed rate changes, determine if they are justified and post final rate information on Nov. 1, 2017 in time for open enrollment.

According to the American
See INSURER next page



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 have Irritable Bowel Syndrome (IBS). I have tried several pharmaceutical medications including anti-anxiety which made me feel like a zombie, but nothing relieved my discomfort and ongoing symptoms. I have been fortunate to cross the path of a naturopath nutritionist who has finally brought symptom relief to my life. I wanted to share some information with others who may be suffering from IBS and other GI symptoms.

A. Americans have been brainwashed for years to count calories in an effort to lose weight. We have been consumed to look at food labels for calorie content. Then we focused on the amount of fat. We shifted our focus to carb counting. No wonder we have been confused about how to eat.

How much thought did we give to the ingredients? If a product is labeled ice cream but you can eat an entire pint for only 350 calories, is that really ice cream? What makes that "ice cream" only 350 calories?

So I apologize in advance to all you HALO TOP lovers. Halo top and fracking fluid. What do they have in common? Guar gum.

Guar gum is a thickening agent (what makes halo top "ice cream" appear like ice cream). It's used in fracking fluid to help break up the rock, it's used by advocates to convince those against fracking, since it's found in so many common grocery store items. In small doses it has little effect, in large doses it can lead to harmful digestive issues. If you have IBS (like I do) or leaky gut, even in small doses guar gum can cause immediate issues. I knew something was wrong when I got very sick when I ate it.

I get it, 350 calorie ice cream sounds like a dream. But that's just what it is. Eat real food. Eat real ingredients, even fats are okay in small doses. Don't take my word for it though, do your research. Read labels. There might not be artificial ingredients but that doesn't mean there aren't harmful ones.

Take charge of your health. Fast food is fast for a reason. What is in that food? Do the words "Canola Oil" sound healthy? Yes they do until you start reading. Canola oil is processed to death. Almost all canola crops in North America are GMO. Canola oil consumption has been linked to vitamin E deficiency and a shortened life span in animal studies.

I could write volumes about what we are doing to our bodies by the food we ingest. The one big reality for me was the inefficiency of the pharmaceutical drugs. As long as I continued ingesting toxins and poisons I was going to be sick.

Educate yourself. Please.

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Andrea Phillips, RN,
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Shaumie Robicheaux,
LPN

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"The diversity and their wonderful stories."



Angela Nicholson, RN,
nurse liaison

"I love the rewarding feeling they give for letting us take care of them at the end of life."



Megan Ingram, RN,
clinical director

INSURER

Continued from Page 10

Academy of Actuaries, individual market stability, including insurer decisions on participation for 2018, hinges on:

* Continued funding of cost-sharing reduction (CSR) reimbursements.

* Enforcement of the individual responsibility penalty.

* Risk mitigation mechanisms aimed at lowering premiums, increasing enrollment and improving the risk pool.

* Avoiding legislative or regulatory actions that could increase uncertainty or threaten stability.

State Question 756, passed in 2010, amended the Oklahoma

Constitution to prohibit laws which compel individuals, employers and providers to participate in health care systems. Because of that legislative change, insurers offering products on the Oklahoma exchange are required to submit rate filing justifications to CMS for evaluation and approval. History of Oklahoma Exchange Carrier Participation
2017 - Blue Cross Blue Shield
2016 - Blue Cross Blue Shield, United Healthcare
2015 - Blue Cross Blue Shield, Community Care, Global Health, Assurant
2014 - Blue Cross Blue Shield, Community Care, Global Health, Aetna, Coventry



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