

Joyful Beginnings



Robin Reinart, LPN has worked in Labor and Delivery, Joyful Beginnings at SSM St. Anthony's Hospital where she has worked for the last sixteen years. Robin's love for others shines through with each precious miracle; the birth of a baby.

by Vickie Jenkins, Staff Writer

St. Anthony's Hospital... It's been around for over 85 years of exceptional advancing superior health care and is still running strong. On the second floor of the hospital, you will find the wonder of tiny miracles. This is Joyful

Beginnings, Labor and Delivery unit. It takes a special person to take care of these mothers-to-be and their precious bundles of joys. Here, you will find excellent doctors, nurses and staff. One particular individual that you will find is Robin Reinart, LPN, charge nurse for

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One Fish, Two Fish, Three Fish, Four

by Vickie Jenkins, Staff Writer

Edmond, Oklahoma is where you will find The Veraden, a home for retirees and their families; assisted living, independent living and memory care. Greeted by a friendly staff member, I was led back to speak with Danna Johnson, RN, Executive Director.

Danna was excited to tell me some news. "The Veraden has a new memory care director, Patty James, as of April 2019 and she is definitely a God sent," said Danna. "I can't tell you what a blessing she has been to us. Up until now, it was as though our three levels of care have been like three different communities, but now, we are one big family community. Patty brought life back to The Veraden and the residents seem to be drawn together," she added. "I can't believe how much of a difference Patty has made."

Two people entered the room. "I want to introduce you to a very special couple," Danna said. "This is Bill and Barbara Hubbard. The couple shook my hand and sat down. "They have lived here for almost two years now," Danna commented. Bill is always willing to help us in any situation. In fact, did you see all of the pretty flowers and hanging plants in front of the Veraden? He is the one responsible for them," Danna said with a smile.

"We have a lot of volunteers from the assisted living and independent living come in and help with the memory care residents," Danna said. "We have volunteers that help plant the gardens, plant tomatoes, make arts and crafts, bingo, singing in the choir, playing a musical instrument the list could go on and on. Bill does a little bit of everything," Danna commented. "Bill and Barbara are such a blessing to us," she said.

It wasn't that long ago that Patty James got together with Bill and Barbara to arrange for a special donation for the memory care to The Veraden. Bill had heard that fish aquariums help dementia patients, (Dementia-A severe impairment or loss of intellectual capacity and personality integration due to the loss of or damage to neurons in the brain.) Barbara is one of the residents that suffer from dementia. Bill, being the kind-hearted person he is, decided to donate a 360-gallon aquarium, measuring 8 foot by 2 foot to

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DONATION

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the memory care community. Complete with beautiful fish and tiny blue lights surrounding the aquarium, it is a sight to behold! The fish in the aquarium are beautiful; it is very relaxing to all of the residents. There are chairs close to the aquarium so the residents can sit and look at the fish for as long as they want to.

When I asked Bill what his overview of The Veraden was he didn't hold back his feelings. "Oh, this place is great. We couldn't ask for better care than we get here. Everyone is so friendly and we consider the others here as our family. I think this is an excellent place to be for this stage of our lives. We have plenty of space, there are always activities going on, we have it all here," he said.

Bill and Barbara have five children and 7 grandchildren. Through their many acts of kindness, the love shines through in so many ways. "I want to help others in any way that I can," Bill said. "I will continue to do so as long as I am able." Bill took Barbara's hand and walked out of the room hand-in-hand.

A special ceremony for Bill and Barbara Hubbard was given in honor



Bill and Barbara Hubbard stand in front of the 360-gallon fish aquarium that they generously donated to The Veraden memory care community. Complete with beautiful fish, it is a sight to behold.

of the donation of the beautiful fish aquarium to The Veraden Memory Care Community. What a loving and thoughtful gift!

The Advantages of a fish aquarium for people with dementia

The colors, motion and sounds associated with an aquarium can serve as a form of therapy to relax residents of the long-term care facility. The aquarium is a piece of living furniture that provides a window into the watery world of aquatic creatures. Aquariums can bring a wonderful aesthetic to the decor of a nursing home, helping to replicate the more soothing, less sterile environment that the resident formerly experienced in a home setting. It can also help induce conversation between residents and between residents and staff, stimulating the mind and curiosity of the viewer. -DeSchraver and Riddick-



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BEGINNINGS

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sixteen years with a new promotion of Nurse Manager. A very pleasant individual and thankful that she can work with the moms-to-be and their dear cargo! "I get to be a part of something that the mother will remember for the rest of her life. There is nothing like being in the delivery room and helping with the process of birth," she said. "It's truly amazing and I feel like this is where I want to be. I love my job," she said.

SSM St. Anthony's hospital, Joyful Beginnings is a fourteen bed birthing center. There are 56 nurses and there is a lot of one-on-one time between the mothers and their babies. With 1,100 1,200 babies born each year at St. Anthony's hospital, a triage and two delivery rooms, Joyful Beginning is such a blessing to parents.

Born and raised in Clinton, OK, Robin attended nursing school at Southwestern State University in Weatherford, OK. When Robin was little, she didn't even think of being a nurse. "I just knew I would grow up and be an accountant, a

neurosurgeon, or an anesthesiologist. At one point, I wanted to be a teacher but it was only because I wanted to write on a chalkboard," she said with a laugh. "Wanting to be a nurse just kind of happened when I graduated high school. When I went through clinicals and rotations, it was then that I knew that I wanted to work in Labor and Delivery. It was something about being present and making that experiences a great experience for the mother," Robin added.

What qualities do you think make a good nurse particularly for labor and delivery? "I think a nurse in labor and delivery definitely need empathy, assertiveness, compassion and a love for family," Robin replied.

If Robin were to give advice to someone going into the medical field, she would tell them, "To go for it. Nursing is a great field to be in; there are so many fields to enter and so many opportunities and avenues where you can go. I would tell them to find your niche and make that your home. Whatever you choose to do, you are obtaining experience for years to come. You will continue to grow

as a nurse," Robin said.

What is your favorite thing about your job? "That would be the fact that I am able to impact a family and make that as special as it can be. All of the nurses work as a team; this is the best team ever. It is truly like our own little family. We back each other up and help each other out," Robin replied.

Robin's biggest asset at work is being very assertive. "I'm not afraid to speak up if something is not done the way it should be. I believe in doing something the right way to begin with," she replied.

On a personal note, Robin enjoys spending time with her son, Jax who will be four years old in October. "A lot of my time is spent playing trucks, dinosaurs or anything involving mud. Do you know how much mud a toddler can get into? Also, I like to read, bake and sing. I just like to sing for myself and Jax," Robin said. "I do sing pretty well," she added.

When I asked Robin to describe herself, she said, "I am outgoing and I expect a lot from others but I also expect a lot from myself. I am an optimistic realist and a leader. I am a goal setter and go after it as

much as I can. I am somewhat of a perfectionist and that is because I am afraid of failure. I just want to always be a good team player. I love my job a nurse here at SSM St. Anthony's hospital and can't see doing anything else."

What is one word to describe Robin's life? "That would be, UNPREDICTABLE," she said with a big smile.

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Keon, of Stuart, Okla., was a joyful two year old. He was surprisingly athletic and destined to play for the Stewart Hornets, often picking up rocks and sticks to play baseball. Keon was a happy baby, and was never found without a smile.

Both Denise and Wayne, Keon's parents are both registered donors, and when they found out Keon had the opportunity to save lives, they were excited about the legacy he would leave on this earth.

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PASSION IN NURSING

SPREADING ENCOURAGING WORDS: OKC INDIAN CLINIC

by Vickie Jenkins - Writer/Photographer

Here at the Oklahoma City Indian Clinic, you will find excellent nurses. One individual nurse, James Foreman, LPN, is well known by co-workers and patients due to his friendly, outgoing personality and his love and respect for others.

Growing up in Ardmore, OK, James attended Southern Oklahoma Technology Center and has been a nurse for eight years. Fresh out of school, he got a job at a private practice in Chickasaw, OK, where he got plenty of skills and training.

Asking James why he chose to work at The Oklahoma City Indian Clinic, he replied, "I am Chickasaw and I want to give back to the native population. It's different from private practice; here, the patient is in need of care and they don't have insurance. I think I am a great fit here. I love working with people. This is a target population and I have seen it grow so much in the last five

years. I see the progress of moving forward and not backwards."

James never thought about working in the medical field. "At the time, my wife, Amy, was a nurse at Integrus. I was working at Circuit City until they went out of business. Amy influenced me to go to nursing school. I love my job and I love taking care of others. Of course, with my wife and me both nurses, it's kind of hard to take care of the other one. I'm sure you have heard how nurse make the worst patients? I think it is true," James replied.

What is your favorite part of your job as a nurse? "When the patient comes in, they are relying on someone to care for them. When they leave, they are in a better spot. It is nice to know that I have made a difference in someone's life," James said.

Asking James what qualities make a good nurse, he answered, "I think

any nurse needs to have self-respect for themselves and have love that comes from within. It makes you want to give so much love to the world," he answered with a smile.

James admitted that he has a hidden talent that he really enjoys. "I am a bit of a comedian and I like to make people laugh!" he said. I put a little love and funniness into my life. I also have a way of encouraging people. A smile can change a person. Even though I am a very simple person, I have plenty of love to give. Sometimes, we look too far ahead and that is when we miss out on the simple things in life. If we look too far out, we forget the simple things and what we have already."

James enjoys spending time with his wife, Amy and his 19-year old son, James Foreman IV. We love to travel. I also love airplanes. Not the 'flying' but I love the roar of the

plane and the smell of jet fuel. To me, a plane screams honor, discipline and the military serving our country. I go to a lot of airshows and they all come alive with freedom," he said.

James encouraging words and sense of humor are his biggest assets. "I just have so much love and compassion to give to others," he said. "I just want people to know that they will always have a friend in me and I will always support them in any way that I can."

"What motivates me? Just the fact that I get to wake up each morning and the Lord has given me another chance at life. I will put my efforts towards something great; that doesn't mean I have to move mountains, it's just a simple smile or a hello to someone that makes a difference. It's a pat on the back and a good job. Courtesy goes a long way."

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James Foreman, LPN works at The Oklahoma City Indian Clinic, staying positive as he spreads his encouraging words to all those around him.

FOREMAN

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"Someday, I would like to be a motivational speaker, maybe a comedian; maybe, a humorous motivational speaker," he said with a smile. "My other goals? I always say, 'I want to live to be eighty years old, sitting under a shade tree, smoking my pipe.'"

Summing up his life in one word, James had a quick reply, "BEAUTIFUL," he said. "Last but not least, I want to thank all of the nurses, providers and staff here at The Indian Clinic that supports me in every way. All of you play a big part in my life and I appreciate each one of you in more ways than you know."

Providers join SSM Health St. Anthony in El Reno

Primary care providers to offer family medicine and urgent care services



SSM Health St. Anthony is pleased to welcome Robert DiCintio, PA-C, Alex Rasmussen, PA-C and Alina Quy, APRN-CNP to SSM Health Medical Group in El Reno.

SSM Health St. Anthony is pleased to welcome Robert DiCintio, PA-C, Alex Rasmussen, PA-C and Alina Quy, APRN-CNP to SSM Health Medical Group in El Reno. Already established for several years caring for patients in El Reno, Okla. and surrounding areas, DiCintio and Rasmussen will continue to serve as primary and urgent care providers in a new clinic location at 2315 Parkview Drive. Quy will join the existing practice at the same location.

DiCintio graduated from the University of Oklahoma Health Sciences Center family medicine physician assistant program in 1990 and has served patients in the El Reno area for nearly three decades. In addition to primary and urgent care, he has an interest in pediatrics. It's important to him to develop relationships with his patients, many of whom call him by his first name.

Rasmussen graduated with a bachelor's degree in health sciences from Brigham Young University-Idaho in 2005, followed by his master of health sciences from the University of Oklahoma in

2008, the same year he completed his physician assistant education. Rasmussen speaks both English and Spanish.

Quy, a certified nurse practitioner, has more than a decade of experience in primary and urgent care, as well as a background in emergency care. She graduated with a bachelor's degree in business from Kansas Wesleyan University in 2000, a bachelor of science in nursing from Oklahoma City University in 2009 and earned her master family nurse practitioner degree from the University of Cincinnati in 2011. In addition to comprehensive family medicine services, Quy also has a focus on well woman and well child exams.

DiCintio, Rasmussen and Quy will see patients in their new location next to the SSM Health St. Anthony El Reno Emergency Room while SSM Health constructs a new medical building that will be adjacent to the \$9 million facility being built by the City of El Reno at I-40 and Highway 81.

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Lung Transplant Patient Celebrates 80th Birthday

Proving Age is Relative

Kenneth Wyatt just celebrated his 80th birthday on June 4. What makes this milestone even more special is knowing he underwent a lung transplant on

Jan. 10, 2019, at the age of 79.

The staff at INTEGRIS Baptist Medical Center held a surprise party for Wyatt and hope to have more of these celebrations in the future.

"People should not see age as a deterrent to seeking an organ transplant," says Mark Rolfe, M.D., co-medical director of lung transplantation and advanced pulmonary disease management at the INTEGRIS Nazih Zuhdi Transplant Institute in Oklahoma City. "We look at physiologic age, not chronologic age. The old way of thinking was you can only transplant people 65 and younger,

but there's a lot of 75-year-olds who are otherwise healthy and still young at heart."

About a year and a half ago, Wyatt suddenly started to experience shortness of breath. "It came on really quickly," remembers Wyatt. "I just couldn't get enough air. I felt claustrophobic, like I constantly needed more oxygen."

He was diagnosed at another facility with idiopathic pulmonary fibrosis and was told his condition was terminal and he was simply too old for a transplant. Thankfully, Wyatt persisted and found another physician who immediately referred him to the INTEGRIS Nazih Zuhdi Transplant Institute.

"I was anxious to meet Mr. Wyatt," says Alan Betensley, M.D., co-medical director of lung transplantation and advanced



pulmonary disease management at INTEGRIS Nazih Zuhdi Transplant Institute. "We ran some tests and concluded he was healthy despite his pulmonary fibrosis, so we felt he would be an ideal candidate for transplant, regardless of his age."

Wyatt was placed on the lung transplant list Nov. 15, 2018. "I hear some people wait years for a transplant, so I was surprised to get 'the call' less than two months later," admits Wyatt. "I woke up in the Intensive Care Unit and everyone told me I did great. I was out of the hospital within a week."

"Kenneth did remarkably well through the entire process. His oxygen level is back up to 98 percent and he is currently

undergoing rehabilitation to regain his strength and endurance," Betensley says. "I have no doubt he will make a full recovery. He is proof positive that age is relative."

Wyatt says the experience has given him a new outlook on life and a brand-new purpose for living. "The way I figure it, is God gave me this condition for a reason. And maybe that reason is to help raise the age limit for transplant consideration. INTEGRIS took a chance on me when most other institutions wouldn't, and I will be forever grateful for that."

"I could still have 20 years ahead of me," Wyatt predicts. "My mom is still living at 104 and my grand-dad lived to be 101 so there's a lot of life left in me."




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(AS PUBLISHED IN THE 2019 EDUCATION GUIDE TO NURSING)

Kramer School of Nursing



Professional Advancement with Competitive Price, Substantial Scholarships, and Student Support



Oklahoma City University's Kramer School of Nursing (KSN) has announced exciting opportunities to help you become a nurse or advance your nursing skills.

RN-BSN: Competitive Price, Complete in Two Semesters

KSN offers an outstanding RN-BSN program in which RNs can complete their BSN in just two semesters, and for the lowest cost of any degree program the university offers. Classes meet one day per week for four hours. No course prerequisites, nursing exams, care plans, or clinical hours are required. Denise Burton, chair of the RN-BSN program, has particularly reached out to those who attended schools which did not have nursing accreditation, stating "We accept students' RN licenses regardless of whether they graduated from an accredited institution or not." Burton further noted that many of our students go on to earn advanced degrees. RN-BSN classes meet at the

OKCU campus, at Mercy Hospital OKC, and at Norman Regional Hospital.

BSN and MSN: Nearly \$500,000 in Scholarships for New Students

KSN recently received a gift creating "The Kramer Way" scholarship which will provide \$400,000 for ten new Bachelor of Science in Nursing (BSN) students and \$90,000 for six new Master of Science in Nursing (MSN) students over a two-year period starting in fall 2019. The scholarship is named for the school's commitment to its core values of caring, kindness, and respect.

In addition to helping students earn their first degree, the school's BSN program also allows those who have a degree in another field to earn a BSN in just 18 months. "The scholarship is critical because many candidates exhaust their financial assistance while earning their first degree but this will allow them the financial ability to become a nurse," said Dr. Lois Salmeron, dean of the Kramer School of Nursing.

Salmeron also indicated that few scholarships are available for

graduate study, further making this opportunity unique. The school's MSN program offers tracks in nursing education or leadership and features distance learning as well as a low-residency model which enables nurses living in communities outside of Oklahoma City to successfully complete their degree.

DNP: Student Support Eases Clinical Placement for FNP and AGACNP Students

KSN offers a Doctor of Nursing Practice (DNP) program with two tracks, Family Nurse Practitioner (FNP) and Adult Gerontology Acute Care Nurse Practitioner (AGACNP), which can be completed with part-time study over four years. The school also offers certificate programs in each track. Additionally, the school has added a clinical liaison who manages clinical placement for the students.

Dr. Gina Crawford, chair of DNP programs, noted that while online schools have proliferated in recent years, attending a classroom environment allows students to experience individual interaction, hands-on skills workshops, and greater support from classmates,

faculty, and staff. "The faculty get to know students' strengths and weaknesses, and can evaluate their competency. Those in the AGACNP program are well prepared for management of acute, critical, and emergency care; while those in the FNP program are ready for primary care."

Gabrielle Stuehm, a current FNP student added that "the OKCU Kramer School of Nursing FNP program has been such a wonderful experience for me. I believe that having weekly hands-on experience in class has put me at a great advantage in my post graduate education. The faculty has always been available to me when I need further understanding; additionally, the faculty wants us to succeed and do well in the FNP program. I am so grateful that I have been able to continue my education at OKCU."

Information about Kramer School of Nursing academic programs, continuing education events, and campus facilities can be found by visiting www.okcu.edu/nursing or calling (405) 208-5900.

OMRF receives grant to study underlying causes of lupus

Oklahoma Medical Research Foundation scientist Patrick Gaffney, M.D., has received a five-year, \$3.1 million grant from the National Institute of Arthritis and Musculoskeletal and Skin Diseases to investigate the underlying mechanisms that lead to lupus onset.

Lupus occurs when the immune system becomes unbalanced, leading to the development of antibodies and chronic inflammation that damage the body's organs and tissues. The disease primarily strikes women and disproportionately affects certain minority groups, including African Americans, American Indians and Latinos.

Risk for lupus is believed to come from changes in the genome, said Gaffney, but researchers don't actually understand why or how they confer risk. The grant will expand upon information gathered currently through genome-wide association

studies, or GWAS.

"In lupus, you have a disease with around 150 associated regions of the genome and maybe thousands of variants related to it," said Gaffney, who holds the J.G. Puterbaugh Chair in Medical Research at the foundation and is the chair of OMRF's Genes and Human Disease Research Program. "Each one makes a small contribution to the overall risk of disease, but when we look at them in entirety, the power to predict disease becomes significantly better. All we have now is statistical analysis we've gathered from the genome studies. This grant will help us also understand the biology involved in the process."

GWAS data have been helpful but not particularly useful in getting research into clinics to help lupus patients, because they don't convey enough about other possible contributing factors, Gaffney said.

To that end, Gaffney will

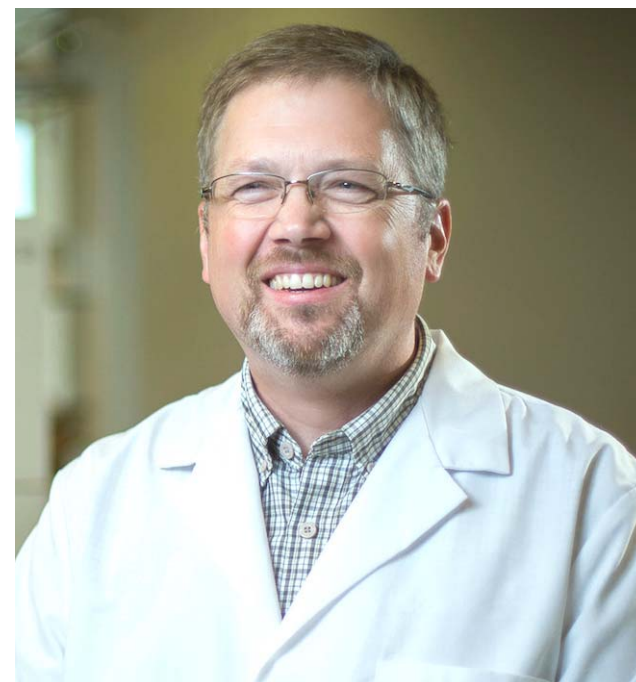
look into the role of "epigenetic" factors, the chemical changes in the genome that affect how DNA is packaged and expressed but do not affect the underlying genetic sequence.

"This is the next step in helping us understand the biology of this data enough to actually generate a real impact for patients," he said. "We are hopeful this work will lead us to alternative variants in the genome that may not necessarily be associated in a statistical way, but might prove important to the overall disease process."

The grant, R01 AR073606, is from the NIAMS, a part of the NIH.

"Dr. Gaffney is a recognized

expert in the genetics of autoimmune diseases," said OMRF President Stephen Prescott, M.D. "This novel approach to expanding upon genetic data holds promise for the development of new ways to treat or even prevent diseases like lupus and others."



Oklahoma Medical Research Foundation scientist Patrick Gaffney, M.D.



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OSDH Receives Additional Funds from CDC to Continue Efforts Aimed at Reducing Diabetes and Cardiovascular Disease

The Centers for Disease Control and Prevention (CDC) has announced an extension of a grant providing \$2.19 million dollars in funding for the Oklahoma State Department of Health (OSDH) to target people at higher risk for diabetes, heart disease and stroke. The funds provided will be available through June 29, 2020.

The grant will be used to continue the focus on areas of the state disproportionately affected by high blood pressure, high blood cholesterol, diabetes, or prediabetes due to socioeconomic factors such as inadequate access to care, poor quality of care, or low income. Caddo, Delaware, Hughes, Lincoln, McIntosh, Muskogee, Pittsburg, and Seminole counties have been identified as areas of concentration.

Partnerships with other organizations are a key component of the OSDH outreach efforts. Working with the Choctaw Nation Health

Services (CNHS) has allowed tribal and non-tribal community members to participate in high blood pressure self-management education coupled with pharmacist-provided medication therapy management. Continued support allows CNHS to expand these initiatives into additional sites within Choctaw Nation's boundaries.

The extension also allows continued collaboration with Federally Qualified Health Centers and Community Health Centers, and hospitals located in the prioritized counties. Other partnerships include those with Oklahoma State University - Oklahoma County Extension Services (OCES) to offer diabetes prevention and self-management programs in county extension offices across the state, and work with Southwestern Oklahoma State University College of Pharmacy Rural Health Center and the University of Oklahoma Health Sciences Center's College of Pharmacy.

"In order to improve Oklahoma's health outcomes, it is going to require a coordinated effort by government and community organizations," said Governor Kevin Stitt. "The work of the OSDH to leverage these partnerships and resources is a step toward the goal of significantly raising the state's health ranking."

"Many Oklahomans suffer from diseases that are largely due to personal behaviors including sedentary lifestyle, poor nutrition, and smoking," Interim OSDH Commissioner Tom Bates said. "By using these funds to provide not only care management but also programs that encourage lifestyle changes, we can continue to tackle the challenge of reducing the rates of cardiovascular disease and diabetes."

Projects funded through the grant include tracking and monitoring clinical measures shown to improve healthcare quality and identify patients

with hypertension; implementing team-based care for patients with high blood pressure and high blood cholesterol; and linking community resources and clinical services to support referrals, self-management and lifestyle change for patients with high blood pressure and high blood cholesterol.



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