

Oklahoma's NURSING TIMES

June 27, 2016

Vol. 17 Issue 26

Information for the Oklahoma Nursing & Health Care Professional

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

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Melissa Wilson, MSN, BSN, RN traded in a cush job with Microsoft for nursing.

by Bobby Anderson,
Staff Writer

Paris, Texas. A dart on a map and Microsoft. What do all three have in common?

They're all in Melissa Wilson's rearview mirror.

Wilson, the new director

of nursing at Midwest City Healthcare Residence, has been on a unique career path the last decade but she feels like she's finally home, back in the area she grew up.

Wilson's roots are in Mid-Del, having graduated from

Del City High School, but she currently has a home in Paris, Texas.

"They were looking for someone to come in and make a difference and that's hopefully why they got me," she said after four weeks on the job.

Wilson lost her mother nearly three years ago. After that, the RN needed to be somewhere else.

"I hadn't really dove into long-term care until I saw my mother going through the dying process," Wilson said.

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ST. ANTHONY HOSPITAL OPENS PAVILION



The recently opened St. Anthony Pavillion was designed by Rees and Associates and constructed at a cost of \$53 million with Turner Construction Company as general contractor.

St. Anthony Hospital opened its new Pavilion on Wednesday, June 22. The Pavilion, located on the east side of the campus and accessible from its Walker Avenue entrance, houses a new 36 bed emergency department, two 24 bed intensive care units, and a 24 bed progressive care unit. The 111,000 square foot, four-story facility project represents the crowning point of the hospital's \$220 million campus expansion plan announced in 2004 after it affirmed its decision to stay in Midtown. The emergency room is the first department to open in the new facility on June 22, followed by the opening of the new progressive care unit and the two new intensive care units over the next two weeks.

"We are excited about the Pavilion completion, as it represents significant enhancements for the benefit of our patients," stated Tammy Powell, president, St. Anthony

See PAVILLION Page 3

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"I want my staff to know it's kind of like the Disneyland experience. They don't tell you this but their employees are first," **Melissa Wilson, MSN, BSN, RN.**

PAVILLION

Continued from Page 1

Hospital. "Our new emergency room, intensive care units and progressive care unit expand our capacity to accommodate the growth of patients seeking care through our state-wide rural affiliate network and four St. Anthony Healthplex campuses in Oklahoma City. The facility features many medical care advancements to improve upon the exceptional care we provide as well as improve the patient and visitor experience."

The Pavilion expands the St. Anthony Emergency Room to 34 exam rooms and increases the hospital inpatient beds by 72. St. Anthony Hospital's total inpatient licensed beds with the new expansion is 774 beds.

In 2003, St. Anthony Hospital announced it was contemplating a move because the Midtown area was in significant decline. Dilapidated buildings were common place in Midtown, and very little business investment was occurring outside of the hospital complex. In 2004, after collaborating with community and civic leaders, the hospital made the decision to stay in its 100+ year home. St. Anthony revealed an

aggressive redevelopment plan for its campus. The City of Oklahoma City committed to provide assistance with streetscapes and traffic flow improvements. Over the past 12 years, the hospital invested in upgrades of patient care and common areas, redesigned and expanded its east entrance, opened a new medical office building, rehabilitation unit and \$30 million surgery center, and completed numerous campus beautification projects.

City improvements in the area included the construction of two roundabouts as well as numerous streetscape projects. The City also offered assistance with the removal of dilapidated buildings. As improvements in the area were made, Midtown became an attractive area for developers. Today, Midtown is vibrant as a walkable community with restaurants, entertainment, housing and retail growth.

Rees and Associates were the architects for the \$53 million project, and Turner Construction Company was the general contractor.



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CAREERS IN NURSING

CARING HEART: DON HELPS TO PROVIDE A HOME LIKE SETTING

by James Coburn - Writer/Photographer

Communication and customer service are important factors in a nursing home and skilled rehabilitation unit, said Sue Smith, RN, director of nursing at HCR ManorCare Midwest City.

Smith earned her Bachelor of Science in Nursing degree at the University of Vermont in 1978. She has done various type of nursing, but predominantly long-term care. She worked as a school nurse for several years at a boy's school for emotionally disabled teenage boys.

"I was a Red Cross nurse for a few years drawing blood," she said.

Her heart has always been with long-term care. What drew her to it was realizing there is such a need for geriatric nursing. Many of them do not have frequent visitors so they count on HCR ManorCare's nursing staff to become their family, she said.

She had been with HCR ManorCare since 2013 when she worked at another Oklahoma City

facility. She transferred to the Midwest City ManorCare in October, 2014.

"I most admire the staff here for their compassion," she said. "They truly care about their patients. And that's one of the things we emphasize and work towards -- this genuine concern -- I can hire nurses all day that have the skill set to come in and pass a pill and take vital signs."

"I want nurses who truly care about these patients and these residents."

Working in a nursing home requires a lot of patience, Smith said. Many of the patients would be at their former home if they were able to care for themselves or have somebody to look after them. But there comes a time in life when living at home is no longer in somebody's best interest for health and safety reasons.

"The very fact that they've had to come to us often means that the

level of care and supervision that is required to meet their needs is above-and-beyond what the average family member can provide," Smith said.

Along with that may come behavioral challenges, confusion and a life with dementia as the population ages. Some people have forgotten that they are not safe to do certain things, Smith said.

"So they continue to try to get up and walk when they aren't really physically capable of that," Smith continued. "And so it can be challenging."

Sometimes patients have been in a hospital setting not long enough for a hospital staff to realize that the patient was developing adverse complications from some of the medications, Smith said.

"Because we didn't know the patient beforehand, we can't identify it right away, so sometimes it is a challenge to be able to determine what is causing some of these

things," Smith explained.

Leaving one's home and familiar environment to live in a long-term care setting is not always a smooth emotional process. HCR ManorCare nurse are trained to make their transition as loving as possible.

"Orientation to a new environment is key," Smith said. "I'm frequently talking to my staff about customer service." It's up to the staff of HCR ManorCare to serve the residents with respect and kindness.

"Especially when they first come to us, they don't know us or their environment. Sometimes they don't really understand what they are really here for. So it's our job to make them as comfortable as we possibly can, making sure they are aware of the services we are providing to them."

The nursing staff helps the residents understand their routines, which goes a long way in calming anxiety, Smith said. Therapists arrive at certain times of the day to help

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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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LifeShare



Sue Smith, RN, director of nursing at HCR ManorCare Midwest City, says HCR ManorCare Midwest City is dedicated to providing a friendly home life with comfort and care for each resident.

them become stronger.

"That's something they want to know," Smith said.

Sometimes providing the best customer service may be as simple as noticing that a battery died in a clock. And the residents need to know what time it is, she said.

"Dietary preferences. If they get served something they didn't like they can let us know," Smith said. "...We will make those things available to them to make them feel a little more like they're at home."

Residents like to play Bingo and

attend church services. There are music groups from the community who perform for them.

"There is a lot of interaction between our staff and our long-term care residents," she said.

Smith balances her career with a healthy home life. She and her husband purchased a new home in Yukon and are doing a lot of yard work.

"Probably my greatest pastime is my eight grandchildren," she said. "I just love spending time with them."

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SPEED DATING FOR HEALTH

OU program targets communication, collaboration and improved care



photo provided

Laurie Ray, who is studying to be a Physician's Assistant, and medical student Dalton Fazekas discuss their future roles in the care of patients. The two were among hundreds of students who met future colleagues from a variety of health professions as part of the inter-professional training program at the University of Oklahoma Health Sciences Center.

"Hi, I'm Nancy. I'm studying to be a doctor."

"I'm Jim. I'm going to be a pharmacist."

It's not your typical speed dating encounter. While the activity starts much the same, these sessions are not about meeting your future spouse. Instead, they focus on meeting future colleagues across a variety of health professions.

It's all part of an inter-professional training program at the University of Oklahoma Health Sciences Center. The goal is to enhance education for students who plan careers in health, to advance care and to empower patients.

"We are somewhat unique here at the OU Health Sciences Center with so many health profession students of many different disciplines training on the same campus. This allows us to pull students together for this very important training," said Dale Bratzler, D.O., M.P.H., professor and associate dean of the OU College of Public Health. Bratzler also is part of the

core faculty for the inter-professional training programs at OU.

Peggy Wisdom and the Wisdom Family Foundation played an important role in the development of the inter-professional training program at OU.

"I am reminded that we learned in the 20th century that it takes a village to raise a child. Now, in the 21st century, we are learning that it takes inter-professional teams of health care professionals to keep us well when we are still healthy, keep us safe when we are acutely ill or guide us in getting well when we become unhealthy," Wisdom said.

Inter-professional training at OU launched several years ago with a small pilot project called EPIC - Empowering Patients through Inter-professional Collaboration. Based on the success of that project, the effort has expanded significantly. Now, it provides hundreds of students from diverse health professions with the opportunity to participate.

See DATING page 9

OMRF scientist receives American Aging Association award



Oklahoma Medical Research Foundation scientist Holly Van Remmen, Ph.D.

Oklahoma Medical Research Foundation scientist Holly Van Remmen, Ph.D., has received the Denham Harman Award from the American Aging Association. The honor, the highest bestowed by the organization, was presented to Van Remmen at the Aging Association's annual meeting in Seattle earlier this month.

Established in 1978, the prize is a lifetime achievement award that recognizes scientists who have made significant contributions to the field of research in aging.

Van Remmen joined OMRF in 2013 and heads the foundation's Aging & Metabolism Research Program. Prior to that, she spent more than two decades as an aging researcher at the University of Texas Health Sciences Center in San Antonio, where she earned her Ph.D. in 1991.

Her work has focused on age-related muscle loss and amyotrophic lateral sclerosis, also known as Lou Gehrig's disease. During her career, she has made a series of important insights on muscle degeneration, and this past year she led study that found new links between traumatic brain injuries

and neurodegenerative conditions.

"This is such a nice honor for me personally," said Van Remmen, who was named the G.T. Blankenship Chair in Aging Research at OMRF in April. "But this award also lets me know that our colleagues across the country now recognize Oklahoma as a force in research on aging."

In 2015, working with scientists at the University of Oklahoma Health Sciences Center and the VA Medical Center, she helped secure a Nathan Shock Center of Excellence in the Biology of Aging grant—one of only six awarded nationwide—from the National Institutes of Health. With OUHSC's Arlan Richardson, Ph.D., she now serves as co-director of the Shock Center, which focuses on geroscience, the study of how aging impacts disease and changes that occur in aging that predispose people to disease.

The long-term goal of this work, she said, "is not to find a fountain of youth, but to address the declining quality of life as we age. We want people's 'healthspans' to match their lifespans."

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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; Norman: Vol. Coord. Lisa
Veauchamp, 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, Inc. & the INTEGRIS
Hospice House:** Ruth Ann Frick, Vol.
Coordinator, 405-848-8884

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

Humanity Hospice:
Kay Cole, 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

DATING

Continued from Page 8

"Traditionally, health professions education has been provided in discipline-specific silos with limited opportunities for students to interact or learn about and from other disciplines with whom they will need to interact in practice," said Bratzler.

It's been more than 10 years since the Institute of Medicine's committee on health professions noted that while health professionals are often asked to work together in interdisciplinary teams to manage patients with complex health conditions, they are seldom educated together or trained in team-based skills. For the past three years, though, Bratzler and a team of core faculty at the OU Health Sciences Center have worked to change that.

Faculty from the OU Colleges of Medicine, Nursing, Pharmacy, Public Health, Allied Health, Social Work, and Dentistry worked together to create inter-professional learning opportunities that would allow students to work in teams similar to the healthcare teams in which they would work during clinical practice. To date, some of its biggest proponents have been the students themselves.

"I think having a common ground with people from other professions allows you to work more closely and to greater effect than you would if you did not participate in this training," said Preston Seaburg, a participant in a pilot version of the program. "It was probably the most valuable education

experience I had in my whole medical training."

Students like Seaburg also helped faculty refine the training and expand it.

"During the two years of the EPIC pilot, we were able to develop the educational content that did lend itself to training a large segment of the student body here," Bratzler said.

Gathering more than 850 students from a variety of health professions was one thing. Introducing them to one another was completely another. And that's where speed dating comes in. This time, though, the speed-dating exercise is designed to allow students to learn more about each other's health professions and to begin gaining an appreciation for the work they each will perform to keep their patients healthy and safe.

"This is a communication experience as well as a learning-about-one-another experience. This is an early exercise in helping the 'team' develop effective communication skills," said Martha Ferretti, PT, MPH, FAPTA, who also was a leader in developing the inter-professional training program at the OU Health Sciences Center.

Bratzler said it's clear that inter-professional training is here to stay and that it is becoming increasingly important.

"I think it is becoming much more common, and many of the health professions accrediting programs now require this type of activity to be a part of the educational curriculum," he said.

22nd Annual Art Show at INTEGRIS Cancer Institute

It is the distinct pleasure of the Troy and Dollie Smith Wellness Center at the INTEGRIS Cancer Institute to invite you to our 22nd annual art exhibit dedicated to the curative powers of creativity and to all whose lives have been affected by cancer. This will be our biggest show yet, with more than 200 pieces of art.

Artists of all ages wishing to express how their lives have been affected by cancer will have their work on display. The pieces are individual or collaborative, done by professionals as well as first-time artists.

The exhibit showcases all forms of art including fiber, graphics, oil, watercolor, mixed media, photography, pottery, sculpture, writing and poetry.

Pieces will be displayed from July 29 through Sept. 9, 2016.

OPENING RECEPTION

Artists, cancer survivors, families and friends will be recognized at the 22nd annual Celebration of Life Art Show and Opening Reception on Friday, July 29, 2016, from 5:30 to 7:30 p.m. at the INTEGRIS Cancer Institute, 5911 W. Memorial Road, Oklahoma City, OK 73142. To RSVP for the event, please call 405-951-2277.

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



**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. When we realize we are in the presence of evil, what do we do?

TWELVE RULES FOR DEALING WITH SOCIOPATHS IN EVERYDAY LIFE

1. The first rule involves the bitter pill of accepting that some people literally have no conscience.
 2. In a contest between your instincts and what is implied by the role a person has taken on - educator, doctor, minister, animal lover, teacher - go with your instincts (gut feeling).
 3. When considering a new relationship of any kind, practise the Rule of Threes: One lie, one broken promise, or a single neglected responsibility may be a misunderstanding. Two may involve a serious mistake. But three lies says you're dealing with a liar, and deceit is the linchpin of conscienceless behavior.
 4. Question authority. Once again trust your own instincts and anxieties. Do this even when, or especially when, everyone around you has completely STOPPED questioning authority.
 5. Suspect flattery. Compliments are lovely, especially when they are sincere. In contrast, flattery is extreme and appeals to our egos in unrealistic ways. It is the material of counterfeit charm, and nearly always involves an intent to manipulate. Manipulation through flattery is sometime innocuous and sometimes sinister. Peek over your massaged ego and remember to suspect flattery.
 6. If necessary, redefine your concept of respect. Too often we mistake fear for respect, and the more fearful we are of someone, the more we view him or her as deserving of our respect.
 7. Do Not Join the Game. Intrigue is a sociopath's tool. Resist the temptation to compete with a seductive sociopath, to outsmart him, psychoanalyze, or even banter with him.
 8. The best way to protect yourself from this evil human being is to avoid him, to refuse any kind of contact or communication.
 9. Question your tendency to pity to quickly. If you find yourself often pitying someone who consistently hurts you or other people, and who actively campaigns for your sympathy, the chances are close to 100 percent that you are dealing with a sociopath.
 10. Do not try to redeem the unredeemable. Second (third, fourth, and fifth) chances are for people who possess conscience. If you are dealing with a person who has no conscience, know how to swallow hard and cut your losses.
 11. Never agree, out of pity or for any other reason, to help a sociopath conceal his or her true character. Do not keep secrets for them.
 12. LIVING WELL IS THE BEST REVENGE.
- 1 in 25 ordinary Americans secretly has no conscience and can do anything at all without feeling guilty.
- The Sociopath Next Door by Martha Stout, Ph.D**

OBU Ranks Third in Affordability for Western United States

OBU ranked third on a list of the 25 Most Affordable Christian Colleges and Universities in the West for 2016. The list was released June 21 by Christian Universities Online and was published on the group's website, www.ChristianUniversitiesOnline.org.

To make the list, schools must first be members of or member eligible for the Council for Christian Colleges and Universities (CCCCU) and geographically located in the western region of the United States. The schools were then ranked according to publicly available "net price" tuition data. OBU's net price was listed as \$17,441.

Average net price is defined as "subtracting the average amount of federal, state/local government, or institutional grant or scholarship aid from the total cost of attendance." The total cost of attendance was calculated as "the sum of published tuition and required fees, books and

supplies, and the weighted average for room and board and other expenses," by the National Center for Education Statistics (NCES).

OBU has consistently ranked highly in numerous national college and university rankings, winning other recognitions for affordability. The University has ranked as one of only three universities of all varieties in the state of Oklahoma on Great Value College's rankings of the 50 Great Affordable Colleges in the Midwest. OBU has also ranked as one of the top 10 regional colleges in the West by U.S. News and World Report for 24 consecutive years and has been Oklahoma's highest rated regional college in the U.S. News rankings for 22 consecutive years.



PLASTIC SURGEON JOINS PRACTICE

Plastic and Reconstructive Surgeon Anil Kashyap, M.D., D.D.S., has established his practice with OU Physicians. He has also been named an assistant professor and director of Microsurgery for the University of Oklahoma College of Medicine.

Kashyap has a specific interest in reconstructive microsurgery and breast reconstruction. He completed a breast reconstruction fellowship at Johns Hopkins University, Baltimore. Previously, he completed three years of training in plastic and reconstructive surgery at the University of Tennessee, Memphis, specifically handling complex surgical emergencies including total body burns, trauma, congenital defects and cosmetic surgery.

Kashyap completed a year of training in general surgery at the University of Maryland College of Medicine, Baltimore, where he also earned his medical degree and served as chief resident in the maxillofacial surgery program at the university's Shock Trauma Center. He had previously earned a degree in dentistry from New York University, New York City. He earned a master's degree in immunology from McMaster University, Hamilton, Ontario.

Kashyap sees patients at the OU Physicians Plastic Surgery clinic on the OU Health Sciences Center campus. For appointments with an OU Physicians plastic surgeon, call (405) 271-5789.

With more than 660 doctors, OU Physicians is the state's largest physician group. The practice encompasses almost every adult and child specialty. Many OU Physicians have expertise in the management of complex conditions that is unavailable anywhere else in the state, region or sometimes even the nation. Some have pioneered surgical procedures or innovations in patient care that are world firsts.



Anil Kashyap, M.D., D.D.S.



NURSE + TALK

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Time management is very important. You just learn that.



Jennifer Donihoo, RN

No. 1 is patient care is first. You always want the patient comfortable then you can shift to other things.



Darla Clark, RN

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I always try to be prepared. It depends on the unit you're in but it also helps to know your patient.



Emily Acre, RN

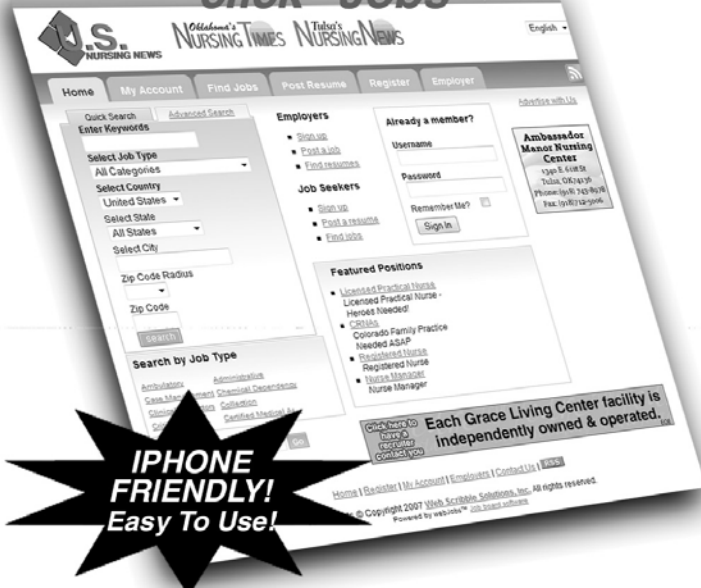
Treat every patient as they were my family or myself.



Keri Walton, RN

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