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## Gratification and commitment

RN's career brings trust to patient care



photo by James Coburn

Jennifer Stark goes home knowing she has played an important role in a patient's health care needs as a surgical nurse at Bone and Joint Hospital at St. Anthony.

by James Coburn  
Staff Writer

Jennifer Stark enjoys being a surgical nurse, but it is the working atmosphere at Bone and Joint Hospital at

St. Anthony that she likes the most, she said. Bone and Joint is where she has devoted her career for 16 years.

"We're a small facility. We just have seven operating

rooms and we have a lot of long-term employees," she said. "I think we've grown together through changes as a family and I think that's what keeps me here. If I left and tried to go somewhere else I'd lose that and would have to start being the new kid again."

Twenty years ago Stark graduated with a nursing degree from Platt College in Oklahoma City. She was part of their

## Tuttle Care Center testing new care model model



Administrator Lisa Childree and Tuttle Care Center are part of a new pilot study aiming to reduce the number of falls in facilities.

story and photo by Bobby Anderson, Staff Writer

Heisman Trophy winner Jason White and the Braum Family farm are arguably Tuttle's two biggest claims to fame.

But this city in Grady County with a population of barely 6,000 is a test site for a new care model that promises to revolutionize elder care.

Tuttle Care Center is one of four nursing homes in the state involved in a 12-week evidence-based fall prevention study organized by the Fran and Earl Ziegler OU College of Nursing.

The study, entitled It's Not OK to Fall, is led by Diana L. Studevant, PhD, GCNS-BC, APRN and Teri Round, BSN, MS, RN, BC-NE.

"We were tickled about all the things that would help the

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OKLAHOMA'S NURSING TIMES

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MODEL

Continued from Page 1

elderly not fall,” Childree said.

It has been estimated that one in three women and one in 12 men will sustain a hip fracture in their lifetime.

It has been reported that 86% of hip fractures occur in individuals aged 65 years and older.

More than 25,000 deaths in older adults were attributed to unintentional fall injuries in 2013.

Childree said much research has been done in the state of Wisconsin on preventing falls.

Wisconsin has one of the highest rates of death from unintentional falls in the nation. In fact, the death rate due to unintentional falls in Wisconsin is twice the national average.

That’s when the state decided to do something.

The Four P’s

Childree said the program includes following the Four P’s which includes position, personal needs, pain and placement.

Proper positioning of the resident reduces the need for them to try to reposition themselves on their own.

Meeting personal needs refers to asking whether the resident needs to toilet. Again, having someone there to help the resident meet a need helps reduce the potential for the resident to get themselves in a compromising position that may cause a fall.

Keeping a resident’s pain under control also allows them to rest comfortably.

And, finally, placement of a resident’s call light, reading glasses, walker, tissues and other necessary items is important to prevent residents from having to have to hunt them down.

There is a school of thought that still thinks falls are inevitable.

“I disagree,” Childree said. “The philosophy of this group is ‘what are we doing to cause them to fall.’”

That’s why Childree’s team has adopted a CSI-type approach when investigating falls. Asking questions of the resident involved in a fall is a good first step but also trying to gain as much information as possible including several photos of the area where the fall happens helps.

“We cause them to fall for some reason,” Childree said. “We want them to take a picture of the surroundings before anything is moved that way we can look at it just like an investigator does at a crime scene.”

Childree has a fall team that meets regularly to review all incident reports and decide what actions can be taken.

Childree said sleep is also a major component in falls risk. The traditional method of checking a resident every two hours to see if they are dry might be doing more harm than good.

“They’re not getting into that deep REM sleep so they did a study and that’s like torture,” Childree said. “That’s why you see a lot of nursing home residents that sleep during the day.”

Tuttle Care residents are also taking part in Tai Chi.

Scientific studies show that the practice of Tai Chi improves, and prevents, almost all chronic conditions including arthritis, heart disease and diabetes. In addition, it improves balance, immunity, and reduces stress. In fact, Tai Chi improves practically every aspect of health.

Kelli Brummer teaches Tai Chi at the Care Center weekly and works for the Oklahoma Healthy Aging Initiative, a statewide program through the Department of Geriatric Medicine at the OU Health Sciences Center. In addition to Tuttle she works with residents at Spanish Cover in Yukon and Cedar Creek in Norman.

“It’s been good,” Brummer said. “We’re having a great time at Spanish Cove. They do Tai Chi in the independent part anyway and we’ve had residents come over. It’s fun.”

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## STARK

Continued from Page 1

first nursing class. Stark has not always worked in orthopedic care. She was a nursing assistant for four years before she advanced to becoming a registered nurse.

Her first mission was to work with Alzheimer's patients and long-term care. And she continues to work with patients living with dementia part time on weekends when she is not applying her nursing skills at Bone and Joint on Monday through Friday.

"I'm a kind of people pleasing type of personality," Stark said.

So sometimes she thinks about doing something where the patients are awake and not always sedated during a surgery, she said. But her affinity with patient care and her love of the nursing staff she works next to is more than enough to keep her satisfied.

At Bone and Joint, Stark renders her surgical skills to anything that has a joint. Knees, hips, elbows and other joints keep her on her toes as a nurse at the midtown hospital. The care she provides extends from everyday people to those who excel as Oklahoma athletes, she continued.

Her early days of feeling she accomplished something important as a nursing assistant has been a thread of excellence that extends to her career today. She knows that she has helped somebody on a daily basis to live a better life. It can be said that Stark is a bright spot in the life of others.

She recalls her first day on-the-job at Bone and Joint. She felt intimidated, she said, after coming from the familiar setting of long-term care to adjust to a new field of orthopedic excellence. But Stark was fit to match the upward bound learning curve.

"This was learning about surgery and how to be sterile," she explained. "How to pass instruments to a doctor was not like the nursing I was familiar with at all. It was a whole other career almost. It is completely opposite of what I was doing as a nurse."

"You think about floor nursing or working in long-term care and patients are awake and moving around and you are interacting. In surgery once you take them into the OR, you are there to be their advocate."

Stark conforms to the best practices of safety and the prevention

of infection while at work. The surgical nurses wear caps and the scrubs come from a special laundry process, she said. They don't wash their scrubs at home as is the case with other types of nurses. It keeps the fuzz low on the material, she explained.

"We wear scrubs in the morning and we have a different scrub we put on right before we go into surgery when we put our gloves on," Stark said.

The instruments for surgery are sterilized in specialized ovens that must reach a certain temperature. Instruments inside the ovens indicate the temperature so nurses may verify if the indicator has changed to a different color.

Stark will meet with the surgical patients ahead of time to ensure all of their blood work is correctly documented. By that time the patients have met with their doctor to have answered any lingering questions about surgery.

She meets with family members and always gets contact information from them so she can communicate with them about their loved one.

"During surgery we try to do that every hour," she said. "If it's going to be a long surgery we will

call them to say we have started and then we will call every hour after that."

She said the staff has stayed strong together. A few of the staff members have worked there for 35 years.

"At the end of the day you feel like you've been at a happy place with your coworkers," she said. "We know each others kids and we know each other's husbands and wives. We interact with each other's lives. So I think that when you go home you feel a sense of gratification."

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# CAREERS IN NURSING

## FULL HOUSE: NURSE RELISHES HOUSE SUPERVISOR ROLE

by James Coburn - Writer/Photographer

A lot of challenges come with Kim Brewer's role as clinical manager of patient care services at Integris Southwest Medical Center.

For starters nearly every time her phone rings the person on the end of the line has either a problem or an urgent need.

Then there's the fact she's charged with staffing a hospital that year in and year out boasts one of the busiest ER's in the state.

But the funny thing is, Brewer doesn't even bat an eye.

"We don't even consider them challenges. It's just part of the job," Brewer said. "If there's something we can figure out or we can help them with to help the bedside nurse spend more time at the bedside then we're doing our job. We deal with all the deaths and that's tough but our role is to help the family. We can't change the outcome of what happened but if we can make it a little easier on the family then that's what our job is."

Maybe that's why she's so good at

what she does.

Brewer has been with Integris since 2004, coming to the health system via the nurse extern program when it first began.

A student at OSU-OKC at the time, Brewer spent her first year at Baptist as an extern and then transferred to the ICU once she got her RN license. There she spent six years before transferring full-time to house supervisor.

In 2014 Brewer became lead house supervisor. With Lara Teague, RN, moving to Integris Canadian Valley Hospital, Brewer moved into the clinical manager position of patient care services.

It's a role that often gets questions, much like her job as lead house supervisor.

"A lot of times you have to explain what that job is because they don't understand what a house supervisor does," Brewer said. "You're the head mom."

And this mom has a very large

family.

"It's about developing relationships and developing trust between all the nurses and it's not just nurses it's all the staff," Brewer said. "We don't always know the answer but we know how to find the answer and those relationships are how we know who to call."

"It takes a long time" (to develop those relationships).

Brewer credits great mentors with her longevity.

She still points to the externship program as the launching pad of her career. Her externship was in the ICU downstairs of where she works now.

That summer of 2004 was filled with a lot of white knuckle moments for Brewer.

"It was scary. I was a baby," Brewer said. "I still remember the name of the very first patient I had who died."

"I fell in love here. I fell in love with critical care. I never thought I would want to leave there until I saw

(former Clinical Director) Tela Brown. I saw what Tela did and I thought 'I want to be Tela when I grow up.'"

The last couple of months at Integris Southwest has seen high census. Just taking over the role, Brewer said she's still trying to keep her head above water.

"It's kind of always crazy until about May or June we'll start to hit a lull and then we'll hit right back up by the end of September," Brewer said. "Honestly, the last couple of years it's been pretty steady. We're as full as we've been and we're trying to keep our E.R. from holding."

"That's probably the biggest job as the house supervisor is maintaining throughout the hospital so everybody is moving."

And even though it's a large hospital that has deep ties to the community, it's not too big for nurses.

"This hospital is small enough that if you work hard enough you can get to know everybody's name

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**Cheryl & Stephanie**

When Cheryl's daughter died after a tragic car accident, Cheryl and her family chose organ and tissue donation for her. Her healthy heart saved the life of a family acquaintance. Years later, Cheryl met another donor mom, Stephanie. When Stephanie lost her son, she knew he would have wanted to be an organ donor. Cheryl and Stephanie became great friends, even attending the Transplant Games of America together. When Stephanie's kidney began to fail, it was no surprise that Cheryl would donate a kidney to her. The pair found out they were a

match, and now they work together to share their touching story of organ donation.

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at [www.LifeShareRegistry.org](http://www.LifeShareRegistry.org). You may also call 800-826-LIFE (5433) and request a donor registration card.

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Kim Brewer, RN, has found her dream job as clinical manager of patient care services at Integris Southwest Medical Center.

on your shift but we're still big enough that you get to see really cool stuff," Brewer said. "That's probably what I love the most about South. What I love the most about this department is seeing the big picture. You don't get that opportunity other places because you're in your unit."

Springtime brings added duties for people like Brewer.

It takes a village to manage that and we're kind of in the center of that," Brewer said. "We work with housekeeping, maintenance, engineering, the safety guys and the disaster specialist. We work with every department as far as disaster planning.

"I'm proud of the well-oiled machine."

In times of storms the hospital experiences an influx of community anywhere from 500 to 2,000 people will show up on Brewer's doorstep.

It's like herding cats - literally.

"They come with pets, dogs, cats, rabbits, snakes. We had a goat once," Brewer said. "It's crazy."



# AllianceHealth MIDWEST Hospital's Behavioral Health Celebrates Expansion Renovations with Ribbon-Cutting

AllianceHealth MIDWEST will celebrate the opening of a newly renovated hospital space for Geriatric Behavioral Health (GBH) with a ribbon cutting and open house on Tuesday, June 7th.

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"As our aging population continues to grow, it is important that we support their quality of life and well-being," said James Hutchison, Administrator of Behavioral Health. "Life changes can be difficult and overwhelming for anyone, particularly the senior population. Our Behavioral Health program provides the tools to enable our patients to manage life's events in the most caring and secure environment possible."

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## FREE CEU'S & EVENTS

**18th Annual Caregiver Survival Skills Conference - Coming to Our Senses** will be held June 10, 2016. The Conference Center at Mercy 4300 W. Memorial Road Oklahoma City, OK from \$10 8:30 a.m. to 2:30 p.m. Topics Include: Embracing Color, A Sense of Accomplishment, Caregiver's Best Friend and A Sense of Being. Speakers Include: **Carrie Chavers, Diane Wood, Emma Brumme, Jessica Welp & Shotgun, Bob Willis.** Call to Register (405) 936-5821 Suggested Donation: \$10 and Lunch is provided.

### FREE Continued Education Workshop Game-Changing Approaches to Dementia Care

Join ComForCare For a FREE Virtual Workshop on Dementia Care Strategies

ComForCare dementia care expert, **Deborah Bier, PhD**, teaches cutting-edge techniques and strategies in a virtual workshop that covers: Preventing Difficult Dementia Behavior • Surprising Sensory Changes in Dementia • How Dementia Complicates Pain Management • Different Types of Dementia and Their Care Needs • Delirium and Dementia: A Hidden Epidemic • Drugs That Can Make Dementia Worse • Working With Challenging Families.

Game-Changing Approaches to Dementia Care Date: Tuesday, June 21st 2016 Time: 10 a.m. - 2:15 p.m. Registration 10 a.m. - 10:30 a.m. Worksho Location: Old Surety 5201 Lincoln Blvd Oklahoma City, OK 73105 To Register Call or Visit: [www.dementiawise.com](http://www.dementiawise.com) This workshop is approved for 3 CEUs for RNs and SWs Call 405-217-0706 to register. Hosted by ComForCare Home Care 5201 N. Lincoln Blvd Oklahoma City, Ok

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## Vision Quest



The Knights Templar Eye Foundation presents a grant award to Hongwei Ma, Ph.D. of the University of Oklahoma Health Sciences Center to further research into one of the leading causes of childhood blindness. On hand for the presentation in Norman, Okla. were: Paul T. Currell, Grand Commander, Knights Templar; Xi-Quin Ding, Ph.D. and Hongwei Ma, Ph.D., OU researchers; Frank du Treil, Grand Commander, Knights Templar; and Robert Rolseth, Grant Sentinel, Knights Templar.

With the help of a new grant from the Knights Templar Eye Foundation, researchers at the University of Oklahoma Health Sciences Center hopes to zero in on a way to potentially prevent a common cause of childhood blindness.

Leber's Congenital Amaurosis is a devastating disease that causes blindness in children. In fact, it accounts for blindness in more than one in every five children attending schools for the blind. The disease affects two to three of every 100,000 infants born.

"While there are multiple factors involved in the pathology of this disease, it is the death of the light-sensing cone photoreceptors in the eye that eventually leads to loss of vision and blindness," said Hongwei, Ma, Ph.D., a researcher in the Department of Cell Biology, OU College of Medicine.

Because thyroid hormone signaling plays an important role in cell growth, division and death, Ma theorized that it might prove an effective target in work aimed at preventing Leber's Congenital Amaurosis.

Recently, Ma and his team showed that suppressing thyroid hormone production preserves cone photoreceptors in a laboratory model. With the new funding, they will take a closer look at the signaling at the cellular level triggered by thyroid hormone and look for ways to protect cone photoreceptors.

They hope their work may lead to new treatments or ways to prevent this blinding childhood disease.

The Knights Templar Eye Foundation grant totals \$65,000.





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 Meredian, 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

SSM Health Announces

Renewed Commitment to

Environmental Stewardship

New approach includes joining health care industry initiative, revising investment strategy, and advocating on behalf of local environmental issues

SSM Health is focusing on a new multi-faceted approach to protect and preserve the environment and the world's natural resources. In Oklahoma, St. Anthony Hospital, Bone and Joint Hospital at St. Anthony, St. Anthony Shawnee Hospital, and St. Anthony Physicians Group are included as members of SSM Health. The health system's commitments include:

- Becoming a member of the Healthier Hospitals Initiative, a consortium of health care systems nationwide that offers guidelines and challenges for reducing energy and waste.
- Adopting an investment strategy that aligns with the system's commitment to care for the environment.
- Advocating on significant environmental issues that arise within the communities directly served by the system

"As a Mission-based Catholic organization, SSM Health has always been deeply aware of the importance of caring for our natural resources," said William P. Thompson, president/chief executive officer of SSM Health. "Our renewed commitment to the environment keeps us consistent in word and deed with the Franciscan Sisters of Mary, our founding congregation, and with the climate change encyclical released by Pope Francis last June."

As part of its membership in the Healthier Hospitals Initiative, SSM Health has committed to reducing energy use by 3 percent, achieving a 25 percent recycling rate and reducing regulated medical waste to less than 10 percent of total waste.

SSM Health has also launched a Mission-based Impact Investment Program that will focus on caring for creation and mitigating climate change. Under the program, SSM Health will fully divest all of its investments in coal production companies. At the same time, the organization will expand investments in companies, organizations, and funds that generate a measurable beneficial social or environmental impact.

While these commitments enhance SSM Health's environmental position, SSM Health has long been committed to environmental preservation. In fact, over the past several years, the organization has accomplished the following across its four-state system:

- Diverted more than 20 percent of its waste to recycling processes
- Increased its universal waste disposal by more than 5 percent, keeping potentially hazardous items, such as batteries and light bulbs, out of landfills.
- Reduced its overall energy consumption by installing more energy-efficient lighting and electrical systems.
- Maintained or decreased its air emissions over the last three years for all SSM Health hospitals.
- Implemented a more environmentally friendly equipment sterilization process, significantly decreasing the number of emissions sources.



The Hospice Directory above does not represent a list of all Hospice facilities statewide. For a complete list visit [www.ok.gov/health](http://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](mailto:news@okcnursingtimes.com)*

## **SILENCE LIKE A CANCER**

What do we know about holding on to frustrations that linger, annoyances that grow and anger that simmers constantly? We know about disease, illness and symptoms that multiply and divide. We know that silence is not good. It is not always in our best interest to be seen and not heard.

### **PEOPLE TALKING WITHOUT SPEAKING PEOPLE HEARING WITHOUT LISTENING**

Robotic is not living. It is not being invested in what is going on around you. There are situations we cannot change, people we cannot fix but always we have choices. There are people that we can engage and speak our thoughts and feelings. Listening to understand and connect is different from just hearing someone talk.

### **PEOPLE WRITING SONGS THAT VOICES NEVER SHARE AND NO ONE DARED DISTURB THE SOUND OF SILENCE**

So we visit our doctors and take our pills, 3 pills turns into 5, into 8. We feel terrible. The tests reveal more toxicity at work in our bodies. We drink 12 beers now instead of 6. When we are asked what happened to us to cause so much conflict, people are caught off guard. "You mean you want to know about terrible things that happened to me, pain that I have never talked about. You mean the times I saw my mom beaten by her boyfriends, living in our car because we had no home, taking care of my sisters because my dad was drinking and tearing the house apart?"

### **HEAR MY WORDS THAT I MIGHT TEACH YOU TAKE MY ARMS THAT I MIGHT REACH YOU**

We do not have to accept the disease model of life. Facing our realities, our fears, our traumas and talking about them can change us. Finding solace and companionship in healthy communities can change us. People can be transformed by using their voice. The goal is not to change people or situations that cannot be changed. That wastes our time. The goal is to change us from diseased people into people fully living our lives.

Move away from silence. Write your song and share it. Disturb the sound of silence.

*(The Sound of Silence by Simon and Garfunkel)*

## **Consumers Warned to Avoid Flour Associated with National E. coli Outbreak**

The Oklahoma State Department of Health (OSDH) has joined public health officials in other states and the Centers for Disease Control and Prevention (CDC) to investigate a nationwide outbreak of *Escherichia coli* O121 (E. coli) associated with certain General Mills flour products. As of May 31, a total of 38 cases in 20 states are linked to this outbreak, including two cases in Oklahoma.

Collaborative investigative efforts of public health and regulatory officials indicate that flour produced at General Mills' Kansas City, Missouri facility is a likely source of this outbreak. General Mills recalled several different sizes and varieties of Gold Medal flour, Gold Medal Wondra flour, and Signature Kitchen flours due to possible contamination. Consumers should check their pantries for the recalled flour products located on the CDC website at <http://go.usa.gov/cSXrd>. The recalled products can be identified by the brand, size, better if used by date, and UPC number.

Specific recommendations regarding the recall:

**Consumers should not use any of the recalled flour and should throw it out.**

- If you store your flour in another container without the packaging and don't remember the brand or better by date, throw it out to be safe.

- Consumers should thoroughly wash the containers before using them again.

**Eating raw dough can make you sick.**

- Flour or raw eggs used to make raw dough or batter might be contaminated.

- Bake items made with raw dough or batter before eating them. Follow the recipe or instructions on the package.

- Avoid tasting raw dough or batter. Even tasting a small amount can make you sick.

**Clean up thoroughly after baking.**

- Wash any bowls, utensils, and other surfaces that were used when baking with hot water and soap.

- Wash your hands with water and soap after baking.

Symptoms of the illness include fever, bloody diarrhea and abdominal cramps. In young children, persons with underlying medical conditions, or those with weakened immune systems, the disease can invade the bloodstream and cause life-threatening infections including hemolytic uremic syndrome. Individuals who have recently handled or consumed products containing raw flour and who have experienced any of these symptoms within two to 10 days should contact their health care provider.

For more information, please visit the OSDH website.

## **New Office Location for St. Anthony Physicians Brad Marion, M.D. and Michelle Ellenburg, APRN-CNP**

Dr. Brad Marion and Michelle Ellenburg, APRN-CNP, with St. Anthony Physicians Group Pulmonary & Family Medicine, are pleased to announce their new office location at 6205 N. Santa Fe, Suite 201, in Oklahoma City.

Dr. Marion treats and manages a wide-range of pulmonary diseases. Michelle provides primary care, well woman checks, and manages chronic diseases for 18 years of age and older.





# NURSE + TALK

Read what other health care professionals have to say...

## What are your hobbies? Bone & Joint Hospital at St. Anthony

"I just spend time with my family. I have little kids and I like to spend time with them."



Tracy Larson, LPN

"I like to go on bike rides around Lake Hefner and the Oklahoma River."



Josh Patton, RN

Each week we visit with health care professionals throughout the Metro



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Mustang, Ok. 73064

"I have two young boys I spend a lot of time with on the weekends, and we go to the park or zoo."

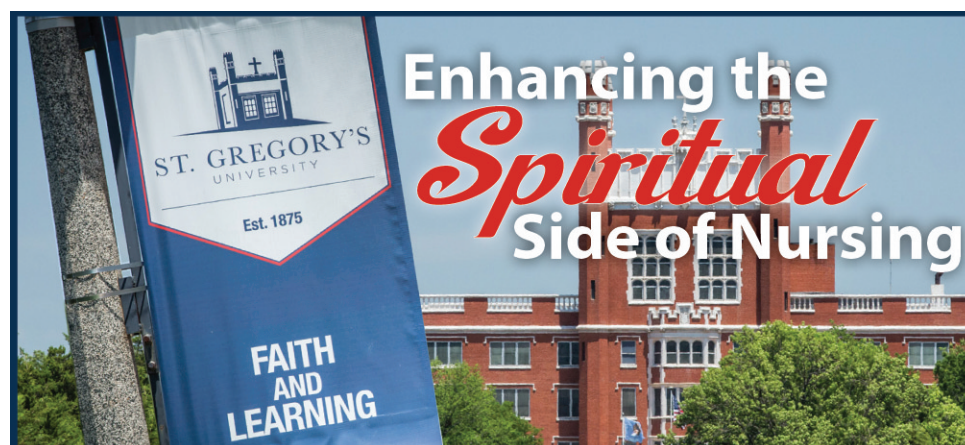


Dionne Morton, RN

"I bake, spend time with my daughter. I bake cupcakes. I used to have a side business in addition to my nursing."



Holly Franklin, RN



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Creative Aging in Washington, DC,  
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