

# A Level of Integrity

# Infusion Therapy



An outstanding nurse in the medical field is Iris Hall, RN, Director of Clinical Education at OptionOne Pharmacy where patients receive alternate-site infusion therapies.

by Vickie Jenkins, Staff Writer

OptionOne is a specialty pharmacy providing home and alternate-site infusion therapies through a comprehensive clinical approach to patient care. Their expert team guides each patient through customized infusion therapy support using high-touch monitoring and personalized service.

OptionOne distributes and administers IV treatments to patients who are diagnosed with

acute and chronic illnesses, most often focusing on IV antibiotics, total parenteral nutrition, and chronic disease treatments for conditions such as Crohn's Disease, Ulcerative Colitis, Rheumatoid Arthritis, and Immune Deficiencies.

Meet Iris Hall, RN and Director of Clinical Education at OptionOne Pharmacy, where she has worked for almost five years. "I was born to be a nurse," Iris commented. "I've been a nurse for over 30 years now and I can't imagine doing anything else with my life," she

added. Iris is also a Certified Immunoglobulin Nurse and has received several awards for her outstanding work.

Iris was raised in Muskogee, OK. As a child, she admired her mother for being a nurse, watching her care for others. "It was natural for me to take care of my siblings when they got hurt," she said. "One time, my mother was at work when my sister got hurt. All of a sudden, I

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## HALL

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was my sister's nurse! I do believe I invented one of the first SteriStrips around at that time. Later, my mother told me that I wrapped her quite well," she said with a laugh.

Graduating from high school and also being a CNA, Iris had already begun her journey into the medical field. As a nurse, her first job was working with the new born babies at an OKC hospital. From there, she worked at Children's Hospital, where she got plenty of experience with children, learning along the way. "I was driven to do my best in everything. I wanted to succeed to perfection," Iris commented. "I believe God puts on our heart what we are to do and we should do everything with a level of integrity."

What qualities make a good nurse? "I think a nurse working with infusions needs to have excellent critical thinking skills. They need to have a desire to keep learning. The medical field is full of constant changes and as nurses, we need to conform to the changes and never stop learning,"

Iris replied.

The nurses here at OptionOne do a variety of infusions, learn about the different treatment plans, diagnosis, IV placements, and compassion for the patients. They also deal with insurance companies and the newly introduced medications that are ever changing. The Infusion nurses travel to patients' homes and work in the specialized infusion suites. The nurses become their own advocate, communicating with their patients in special ways.

What is your favorite part of your job? "My favorite part of my job is training the patients and educating the nurses. Helping others is so important to me. I want to support that person in any way that I can," Iris replied.

Asking Iris what her biggest asset that she contributes to her job is, she answered, "I think that would be my clinical base knowledge. I have a desire to learn more. If I don't have the answer, I research until I find it."

How would you describe yourself? "That is so hard for me to do," Iris paused. "When I think of myself, I just think, ME. I know I have an effect on people in different ways.

I feel like I am an unintentional mentor with intentional compassion. I have a strong desire to move forward and learn more and keep going. I've always been like that. I am thankful to my parents for instilling that in me," Iris answered.

Iris enjoys spending time with her wonderful husband, Sean, and her two sons and daughter-in-law. Iris and Sean have six grandchildren, ranging from age two years to 19. She also enjoys growing indoor plants, taking care of her flowerbed in the springtime and loves all kinds of dancing. "When the music starts, I start moving," she said with a smile. Iris and her husband offer premarital coaching at their church,

along with being praise and worship leaders for second to fifth graders every Sunday.

"Life is a learning tree. I want to help others, guiding them, encouraging them so they can have confidence in whatever they do," Iris commented. Summing up Iris's life in one word? "Overcomer," she said. It is easy to see why Iris Hall, RN is Director of Clinical Education. It shows!



## OU Medicine Surgeon, Student Contribute to Study on Preventing Stroke After Blunt Traumatic Injury

An OU Medicine trauma surgeon and an OU College of Medicine student were among the leaders of a national research study that established new guidelines for preventing strokes in patients who have suffered a blunt traumatic injury to their necks.

Amanda Celii, M.D., and Tyler Zander, a third-year medical student, were authors on the study, which was published in the Journal of Trauma and Acute Care Surgery. The study focused on blunt cerebrovascular injury – an injury to the blood vessels in the neck. Unlike a penetrating injury such as a gunshot or stab wound, blunt cerebrovascular injuries (BCVIs) can be caused by the force of a seat belt during a car accident or a fracture in the neck, for example.

"Essentially, BCVIs occur when the blood vessels are injured or bruised in a way that clots can form, which can cause a stroke," Celii said.

The purpose of the study was, in part, to determine how soon strokes occur after an injury to the blood vessels and how soon blood thinners should be given in an effort to prevent stroke. Trauma centers across the country have treated patients in slightly different ways, so the study was conducted in order for care to be standardized, Celii said.

OU Medicine contributed its patient data concerning BCVIs to the study, which included more than 30 such institutions around the country. The

study results showed that the majority of patients who suffer a BCVI-related stroke do so in the first 72 hours after the injury occurs. That means blood thinners – often aspirin – should be given to the patient immediately, Celii said.

The study also answered a related question concerning patients who have injuries in addition to a BCVI, which is often the case. In a patient who also has a complex pelvic fracture, for example, the concern was that blood thinners would increase the risk of bleeding. However, the study showed that the risk of stroke within 72 hours outweighed the risks of giving the blood thinner.

"Because of how early the strokes can occur, the data showed us that starting blood thinners early is important," Celii said. "Because of the results of the study, we will be rewriting our protocols for how we treat patients with BCVIs."

The study was also an important experience for Zander, who, as a third-year student, is out of the lecture hall and into the hospital wards for his clinical rotations. Zander has wanted a career in surgery since he was young, but an experience in high school solidified his determination to go to medical school. In the summer before his senior year in Enid, Zander was working at a grain elevator to

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# INTEGRIS Celebrates Opening of New Community Hospital in Del City

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

A Grand Opening ribbon-cutting event was held March 5 to introduce the new hospital, 4801 SE 15th St., in Del City. Speakers included Brian Linley, mayor of Del City, Arti Patel, president of the Del City Chamber of Commerce, and Sunny Cearley, vice president of membership for the Greater Oklahoma City Chamber of Commerce.

The 36,120 square-foot INTEGRIS Del City Community Hospital, which opens to the public today (March 6), is part of a major initiative in which INTEGRIS will, in 2019, open four new community hospitals – small-format facilities also known as micro-hospitals or neighborhood hospitals – in the Oklahoma City metropolitan

area.

The INTEGRIS Community Hospital at Council Crossing, 9417 N. Council Road., opened Feb. 6. The INTEGRIS Moore Community Hospital at 1401 SW 34th St., opened Feb. 27, and the INTEGRIS OKC West Community Hospital at 300 S. Rockwell Ave., will open in May.

As part of its expansion initiative, INTEGRIS, the state's largest nonprofit health care system, entered into a joint venture partnership with Emerus, the nation's first and largest operator of micro-hospitals, to build and manage the facilities.

"Oklahomans have told us they want quicker, more convenient medical care without compromising quality or safety," said Timothy Pehrson, president and chief executive officer at INTEGRIS. "These community hospitals allow us to do just that, bring high-quality care closer to home



for many of the residents we serve."

Emerus Chief Executive Officer Craig Goguen said the company is honored to partner with INTEGRIS, an award-winning, highly respected health system brand, as it expands its footprint throughout central Oklahoma. "Our transformative concept of health care allows great health systems like INTEGRIS to expand its reach into the community to provide a variety of patient services that are fast, convenient and economical."

These new community

hospitals will serve a variety of patient needs including emergency medical care, inpatient care and other comprehensive health services. While the ancillary services vary, each community hospital has a set of core services including the emergency department, pharmacy, lab and imaging.

**INTEGRIS**  
*Community Hospital*

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Anna Marie was a big blessing to her family. She was an energetic diva who liked to play dress up, do her makeup and curl her hair – but was also a tomboy who liked to dig in the mud for worms and go fishing. She had a big heart – sharing that if she had \$100, she would spend her money on buying clothes for the homeless.

After a tragic event, her parents knew that her kind and loving soul would want to donate to enhance the lives of others. She was able to be a heart valve and cornea donor. Her family hopes that her heart of gold and beautiful view of the world carries on through the recipients of her 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.

Anna Marie



LifeShare

# CAREERS IN NURSING CREW COMES TO PATIENTS: DISPATCH HEALTH

by Bobby Anderson, RN, Staff Writer

The flu season is just now ramping into overdrive and Oklahomans are feeling it.

According to the most recent data provided by the Oklahoma State Department of Health, more than 250 Oklahomans were hospitalized for the flu the week of Feb. 13-19 alone - bringing the total number of hospitalizations to more than 1,200.

Some 31 Oklahomans have died from the flu since Sept. 1, 2018.

Nationally, the Centers for Disease Control estimates 20.4 million have already contracted the flu.

And in late February the CDC announced an emerging variant of the virus was responsible for nearly half of all cases and could push the season all the way into May.

Odds are you'll come into contact with the flu this season.

But what if there were a way for you to minimize not only your exposure but the exposure of others

when you start feeling sick?

Enter DispatchHealth, an innovative health care delivery model rapidly growing in the metro.

DispatchHealth is bringing back the house call with a modern technology twist. DispatchHealth gives patients ways to access convenient, high-quality acute care in the comfort of their home, office or in the location of need.

DispatchHealth is redefining the healthcare landscape as an extension of a patient's healthcare team and offering solutions for simple to complex medical problems all from the comfort of your home.

While most seek treatment at an emergency room (ER) or urgent care clinic, when leaving one's home the virus can be immediately exposed to others and cause further spread of the flu.

And if you don't have the flu then you're walking right into a

waiting room full of it.

Randee Green, APRN, is one of the Dispatch nurse practitioners treating patients in their home.

"I know from working in the ER if they go to the ER and they're 80 years old and say they're weak they're going to get worked up from head to toe," Green said. "I like being able to go in with a couple tests I can run and say 'this is something we can handle at home.' Then if it's not then we can send them on."

"I do like the satisfaction of knowing I've saved this person from getting run through the mill in the emergency room."

No lengthy waits. No need to leave your home.

And maybe one of the best things about the service is that for patients with Medicare, Medicare Advantage as well as Blue Cross and Blue Shield insurance plans the cost is the same or less than that of an urgent care



Nurse Practitioner Randee Green, APRN, likes helping patients receive the care they need at

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Richard Beevers, APRN, is one of the providers who will treat your illness in the comfort of your own

## DISPATCH

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co-pay.

A respiratory therapist for 15 years, Amy Evans is the Dispatch market director.

"I've learned what a valuable resource it is for seniors to keep them at home," Evans said.

The flu is transmitted by contact and airborne measures and is especially dangerous for young children, seniors and those with chronic illnesses. A person who has caught the virus can infect others up to six feet away. Adults can infect others one day before their flu symptoms even develop and can pass on the virus up to a full week after becoming sick.

"If they don't have the flu they risk getting it when they go to the ER," Evans said. "If they do have the flu then they can stay at home and be comfortable and have someone come to them."

"And the cost is cheaper than the ER."

Evans said - on average - Medicare patients without a secondary insurance are paying less than \$20 locally.

"I feel like I'm finally in a positive track in healthcare because we're doing something to help," Evans said. "We're helping the population, the community and we're helping the healthcare system reduce costs. It's win-win all over the place."

"We're helping providers after hours so they not just telling them to go to the ER. We're partnering with physicians, hospitals, post-acute care, skilled and assisted living."

Services include testing such as: blood tests on-site, strep test, flu swab, urinalysis, urine cultures, stool culture, test for blood in stool, pregnancy test, lactate, 12-lead EKG, PT/INR, rapid infectious disease testing and more.

Medication - as well as IV fluid and breathing treatments - can also be administered on site.

DispatchHealth can be reached by calling 405-213-0190 and currently sees patients from 8 a.m. to 8 p.m.

## OU

Continued from Page 2

earn extra money. A friend working with him got his leg caught in an auger, and when Zander tried to help, his leg became caught as well. He was taken to OU Medicine, where his leg had to be amputated and he spent more than two months in the hospital undergoing numerous surgeries. He maintained relationships with the surgeons who saved his life.

Receiving author credit on a research publication is unusual for a medical student, but Zander has a particular drive, Celii said. When

students are part of that process and develop mentors with faculty members, they tend to learn the intricacies of surgery better, she said.

Zander has already worked on eight studies at OU Medicine concerning surgery protocols. The process of clinical research especially interests him as he progresses in his journey toward becoming a physician.

"I have an interest in what we do and why we do it, looking at our protocols, and gathering information that leads to the best practices," he said. "This study is a good example of how we can conduct studies to improve medicine."

## OU College of Dentistry Offers Free Dental Screenings to Adults

Graduating dental students from the University of Oklahoma College of Dentistry will be holding free dental screenings to the public starting Feb. 26. Graduating dental students, working under the supervision of trained dentists, are preparing to take their national board exams and are in need of patients. Screening appointments are required to determine qualified patients.

"Those who sign up for a screening will receive free oral examinations," said Nanay Shadid, D.D.S., Chair of the Department of Restorative Sciences. "We are looking for patients for our board licensure exams and any patients who meet our criteria will receive FREE dental care."

Screenings will be held on March 12 and 30 at the OU College of Dentistry, located at 1201 N. Stonewall Ave. For more information, call 405-271-7744 weekdays between the hours of 8 a.m. and 5 p.m.

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#### 124 CERTIFIED NURSE ASSISTANT

#### We are actively searching for a Certified Medication Aide (CMA)

Montevista Rehabilitation and Skilled Care is actively searching for a Certified Medication Aide (CMA). The CMA is to administer oral and topical medications to residents. These tasks are performed as ordered by a physician, under the supervision of a licensed nurse, in accordance with state and federal rules and regulations, and consistent with facility policies.  
7604 Quannah Parker Trailway,  
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#### We Are Seeking Certified Medication Assistants Who Have A Passion For Providing The Highest Quality Care In An Institutional Setting.

at CoreCivic. At CoreCivic, we do more than manage inmates, we care for people. CoreCivic is currently seeking Certified Medication Assistants who have a passion for providing the highest quality care in an institutional setting. The Certified Medical Assistant performs and assists with a variety of basic patient care activities under the direction of a physician and supervision of a licensed nurse. 6888 East 133rd. Road, Holdenville, OK 74848-9033

#### We are actively searching for a Certified Medication Aide (CMA)

Noble Health Care Center is actively searching for a Certified Medication Aide (CMA). The CMA is to administer oral and topical medications to residents. These tasks are performed as ordered by a physician, under the supervision of a licensed nurse, in accordance with state and federal rules and regulations, and consistent with facility policies. 1501 North 8th Street, Noble, OK 73068.

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- Registered Nurse (RN OR Circulator), FT, Mon-Fri, Days, Heart Team, Surgery (714383)
- Registered Nurse (RN), FT, 7p-7a, Neuro Stroke & Telemetry (714470)
- Registered Nurse (RN), FT, 7p-7a, Emergency Department (714657)
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- Registered Nurse (RN), FT, 7p-7a, I-Flex Resource Pool \$36-\$40/hour (716037)

### NURSING LEADERSHIP OPPORTUNITIES

#### INTEGRIS Baptist Medical Center

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- Clinical Nurse Manager (RN), FT, Variable hours, Emergency Department (715515)
- Clinical Director (RN), FT, Emergency Department (715772)

#### INTEGRIS Deaconess

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## 140 GENERAL NURSING

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## 140 GENERAL NURSING

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Full and part-time, duties include nursing assessments, medication reviews, lab draws, and case management. Also, LPN needed full and part-time, duties included skilled nursing visits, lab draws, medication planners, etc. Send resume to 580-762-6003 or bring in person to Precise Home Health Care, 900 East Hartford, Ponca City, OK.

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### WE ARE SEEKING LICENSED PRACTICAL NURSE NURSE TECHNICIAN

at Pauls Valley General Hospital: 100 Valley Dr, Pauls Valley, OK 73075. The LPN Nurse Tech participates in nursing care for patients, participates in family teaching and provides leadership by working cooperatively with ancillary, nursing and other patient team personnel in maintaining standards for professional nursing practice in the clinical setting all under the sup. Required Education & Experience: High School diploma or equivalent. Education: Graduate of an accredited School of Nursing or University within six (6) months of employment.

### We are currently seeking Registered Nurses and Licensed Practical Nurse

The OK Department of Veterans Affairs, a 24/7 long-term facility, is currently seeking Registered Nurses and Licensed Practical Nurse in Claremore, OK. We offer a wide array of benefits for full-time staff, including free health insurance after 60 days, competitive salaries, and creative scheduling. As an LPN you will be supervising and/or performing technical direct and indirect nursing care in an Oklahoma Veterans Center under the supervision or direction of a registered nurse or licensed physician. This includes taking temperatures, pulse, respiration, and blood pressure, and various other technical nursing tasks in providing health care to patients. This is the basic LPN position where you will perform routine entry-level tasks under close professional supervision and in a training status to build your skills in providing nursing care as a licensed practical nurse. 3001 W Blue Star Dr, Claremore, OK 74017



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#### OKC, Oklahoma For RNs

Thursday, March 28th  
3pm - 4pm  
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- Scholarships up to \$10k
- Tuition Reimbursement up to \$2k per semester

#### Ardmore, Oklahoma For RNs

Friday, March 29th  
1pm - 3pm  
Mercy Conference Center  
1011 14th Ave NW  
Ardmore, OK 73401

#### Comprehensive benefits from day one for eligible Registered Nurses:

- Very competitive standard benefits
- RN differentials - increased rates!
- Student Loan Repayment up to \$20k
- PTO Front Load Program - up to 80 hours
- Scholarships up to \$10k
- Tuition Reimbursement up to \$2k per semester

#### Ada, Oklahoma For RNs, LPNs, and NAs

Friday, March 29th  
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Cafe Monte Vista,  
Ground Floor  
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## 204 REGISTERED NURSE

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## Mercy Hosts Ceremony for Orthopedic Clinic and Surgery Center

Leaders from Mercy joined members of the community today for a blessing and ribbon-cutting ceremony for Mercy Clinic Orthopedic Associates and the Mercy Outpatient Surgery Center in Oklahoma City. Orthopedic Associates became Mercy Clinic Orthopedic Associates in January. Mercy also acquired the Mercy Outpatient Surgery Center on the Mercy Clinic Orthopedic Associates'

Oklahoma City campus.

For more than 50 years, Orthopedic Associates has been one of the largest orthopedic practices in the Oklahoma City metro area. The team offers a full spectrum of orthopedic services to patients of all ages, ranging from minimally invasive surgery to complex arthroscopic and reconstructive orthopedic surgery.

See MERCY page 10

## Mercy Hospital OKC Named Top Hospital by IBM Watson Health for Fourth Time

Mercy Hospital Oklahoma City has been named one of the nation's 100 Top Hospitals® for the fourth time by IBM Watson Health™. The annual independent study spotlights the top-performing hospitals in the U.S. based on a scorecard of publicly available clinical, operational and patient satisfaction metrics and data.

"This is an incredible honor that reflects our co-workers' hard work and commitment to providing the absolute best care for our patients," said Jim Gebhart, president of Mercy Hospital Oklahoma City and regional strategy officer. The Watson Health 100 Top Hospitals® study uses independent and objective research to analyze hospital and health system performance in 11 areas. Following were the key performance measures in which 100 Top Hospitals outperform:

- Better survival rates • Fewer complications and infections • Shorter length of stay • Shorter Emergency Department wait times • Lower inpatient expenses • Higher patient satisfaction

"At a time when research shows that the U.S. spends nearly twice as much on health care as other high-income countries, yet still has poorer population health outcomes, the 100 Top Hospitals are bucking the trend by delivering consistently better care at a lower cost," said Ekta Punwani, 100 Top Hospitals® program leader at IBM Watson Health. "The hospitals on this list represent the current vanguard in value-based care and we applaud their commitment to quality."

Hospitals do not apply, and winners do not pay to market this honor.

The winning hospitals were announced in the March 4th edition of Modern Healthcare magazine. For more information, visit [www.100tophospitals.com](http://www.100tophospitals.com).

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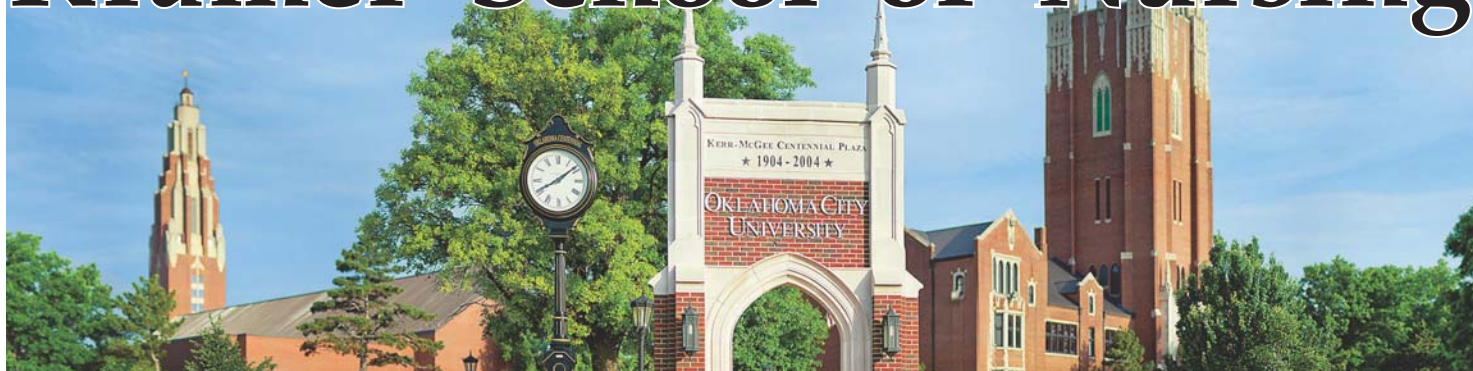
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(AS PUBLISHED IN THE 2019 EDUCATION GUIDE TO NURSING)

# 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 Available

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



## MERCY

Continued from Page 8

By joining with Mercy, the clinics are able to accept more types of insurance and gain access to a large network of resources and providers. "We are excited to formally welcome Mercy Clinic Orthopedic Associates' providers and co-workers to Mercy," said Dr.

Jesse Campbell, chief administrative officer of Mercy Clinic in Oklahoma. "They have a wonderful reputation in the community and are welcome additions to our team. We have always been committed to meeting the health care needs of our community and can now offer additional orthopedic services to help even more patients quickly return to their normal activities."

## Director of Communications and Marketing Named

Melissa Richey is the Director of Communication and Marketing at The Children's Center Rehabilitation Hospital. It's no surprise that she was a hard worker with high goals in school. Melissa went to the University of Central Oklahoma for public relations, market advertising and broadcasting. She was a natural when it came to public speaking and storytelling. She soon began to shadow the journalists and news reporters at several news stations. She wrote scripts! The last minute deadline didn't bother her at all; in fact, it was another challenge that she would accept and succeed. In charge of several advertising campaigns, she had quite a few clients. Little did she know that the time spent in marketing and communication was preparing her for the next job she would take; It was seven years ago that Melissa accepted the position of Director of Communication and Marketing at the Children's Center Rehabilitation Hospital.

"Working here at the Children's Center is wonderful," Melissa said. "I have a strong connection with the children and their families. I feel honored to walk with the children from the moment they arrive until the moment they leave and all the time in-between. I see their lives unfold as their heartfelt stories of strength and survivals are told," Melissa commented. "It is such a joy to be a part of their lives," she added.

With Melissa's excellent work through the years, she has received several outstanding awards; The Journal Record 40 Under 40 Award, Oklahoma City Magazine 40 and Under Award and the Inaugural



Chic Davis Outstanding Award for National Advertising. Quite an accomplishment!

What is your strongest asset here at work? "It would be the way I am able to collaborate with different people and bring different ideas to the table. Sometimes, I think I make a good bridge as I bring everyone together," Melissa replied.

Melissa is married to her wonderful husband, Kyle, who is a girl's high school Basketball Coach. They have a nine-year old son, Kyle, who plays basketball. It is obvious that one of Melissa's hobbies include watching basketball. She also enjoys reading, storytelling, writing, working out and traveling.

When I asked Melissa to describe herself, she said, "I am driven, loyal, compassionate and a little on the quirky side, even though a lot of people don't know that," she said with a smile.

Melissa's words of wisdom seem to describe her perfectly; "Being here at the Children's Center and being around children, I have to have faith and grace. Sometimes, I have to remind myself that there is a bigger picture, stay the course and know that God has it all."

Summing up Melissa's life in one word? "That's easy," Melissa said. "BLESSED."



**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)*

**Have you ever thought about the importance of loyalty? Not just receiving loyalty but also giving it back?**

**"The foundation stones for a balanced success are honesty, character, integrity, faith, love and loyalty." Zig Ziglar**

I was not familiar with loyalty until after my daughter was born. As she grew and became her own person I noticed the way she showed love as well as loyalty. My childhood was loyalty deprived. It was a foreign relational connection. I think about that now and realize what a deprivation not to learn and observe loyalty. It is the backbone of true friendship and love.

"Look out for the people who look out for you. Loyalty is everything!!" *Anonymous*

I recently saw a facebook post that said, "It's never about the size of your circle, it's about the loyalty that's in it." Look at your circle, who is in it? Are there people that you call friends, but have you given thought if they would really be there for you, support you, come to your aid? Loyalty is knowing that they would be there without a doubt.

"Those who don't know the value of loyalty can never appreciate the cost of betrayal." *Anonymous*

The betrayal of loyalty is a game changer. It creates the need to make changes, to re-evaluate the friendship, relationship, work environment, etc. Betrayal is a knife to your heart.

"Be loyal and trustworthy. Do not befriend anyone who is lower than yourself in this regard." *Confucius*

This is very important!! When you become aware that someone does not value loyalty, move on!! MOVE ON!!!! Don't rationalize, minimize or deny. Just go!

So if you find yourself with only two or three or one loyal friend.....you are blessed. Remember it is not about the size of your circle, it is about the loyalty within your circle.

Time to inventory your loyalty that you receive and loyalty that you give.

Loyalty is love!!



# NURSE TALK

*That no one would show up to my birthday parties.*



Peggy Harlan, RN

*To be eaten by a crocodile!*



Mary McKinney, RN

*What was your biggest fear as a child?*



PARCway Post  
Acute Recovery  
Center

*My dad when I was in trouble!*



Kiarie Samuel, LPN

*Not to be able to reunite with my siblings.*



Bezezu Tazo, ACMA

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- Hands on skills workshops
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- FNP – competency in primary care

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