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Information for the Oklahoma Nursing & Health Care Professional

www.oknursingtimes.com

Vol. 19 Issue 11

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



Nurse,
Preceptor,
Mentor,
Oh My!

Rosemary Helderle, LPN has been a nurse for 44 years. Much of her time was spent teaching and mentoring multiple nurses.

by Vickie Jenkins, Staff Writer

Rosemary Helderle is a Licensed Practical Nurse at AllianceHealth Deaconess Hospital. With a bright smile and personality to match, I knew the Rehabilitation Unit was the perfect place to find Rosemary working; caring for others. It takes a special kind of person to work with the patients and Rosemary shows a real concern as she assists a patient back to their room.

The purpose of Rehabilitation is to restore some or all of the patient's physical, sensory and mental capabilities that were lost due to injury, illness or disease.

Rosemary spent some of her earlier years in Pennsylvania, where she spent a lot of her time

teaching and mentoring to multiple nurses. "I love to teach others," she said. "I still teach and mentor some of the nurses. I think I will always have a little bit of that 'teacher' in me," she says with a smile. Rosemary has spent 44 of those years doing what she loves to do; taking care of others as a nurse. "It's the job I love to do," she says. "I can't see doing anything else."

I asked Rosemary why she became a nurse and if anyone had any influence on her decision. "Oh, ever since I can remember, I wanted to help people. I must have been 18 or 19 years old when I knew I wanted to be a nurse. I set my goal and made it. I decided to become a nurse on my own and knew I would carry through with it," she commented.

See HELDERLE Page 3

Nurse by Day, DJ by Night



Michael Matthews, LPN enjoys his work at PARCway Post-Acute Recovery Center. Matthews considers himself an advocate for the patients and the patients consider him their hero. Matthews is an LPN by day and a DJ at local clubs by night.

by Vickie Jenkins, Staff Writer

I had the pleasure of visiting PARCway Post-Acute Recovery Center where I was greeted by a friendly staff. Here, they provide guests with top-notch skilled nursing facilities 24 hour, 7 days a week. With more than 20 licensed therapists, PARCway helps your loved ones transition back home or into an assisted living within 35-45 days admission.

From day one, the skilled nursing involves family input. From there, they maintain flexibility based on an individual's current medical and emotional needs. They consistently inspire, innovate, and raise the industry standard.

See MATTHEWS Page 2

MATTHEWS

Continued from Page 1

When you were little, did you have a hero in your life? When I think of heroes, I usually think of a make-believe cartoon character, wearing a cape, flying through the sky and saving the world with their extraordinary power. Here at PARCway, there is a real hero to be found, according to the patients. That hero is Michael Matthews, LPN. He is a nurse that has an outgoing, magnetic personality that seems to attract people wherever he goes. He has a loud, strong voice yet can be gentle and quiet when he needs to be. "I'm not sure why people call me their hero," he says. "I'm just doing my job and taking care of them the best way I can," he adds modestly.

Matthews has been a nurse here at Parcway for 3 years. "I love my job," he comments. "I have to admit, I do feel like a super hero at times. I am a patient advocate and I feel like I need to speak on behalf of older people when they can't. I am their voice. That is my main goal and my main mission; helping

others."

When asking Matthews why he became a nurse, he gave a solid answer. "I'm actually much older than most of the nurses here. I decided to become a nurse at the age of 40. I knew that a nurse was the one person that could walk into a hospital room and make the patient happy, filling their life with joy, even if it was just for a minute. It was then I knew I would set a goal for myself. I wanted to help others in such a way that it became my mission and becoming a nurse was one of the best decisions I ever made. I like to care for others and I like making them smile and laugh. Sometimes, all it takes is a kind word to light up a room and make the patient happy."

Matthews went to school at Metro Tech. "It was tough but I knew if I was going to be a nurse, I needed to be tough. I needed to study hard and set goals. I knew I would be helping others," he said. "Why, I would be saving lives," he added.

"In your opinion, what qualities make a good nurse?" I ask. "There are quite a few qualities that make a good nurse. Patience, kindness,

knowledge, the right direction for the patient, considering the patients' diet and physical therapy, but most of all, I think that a nurse needs to have compassion."

Asking Matthews what advice he would give to someone going into the medical field, he replied, "They have to love it, put their best foot forward, and most of all, they have to ROCK IT," he added with a laugh. "I think I do that. I ROCK IT!"

"What is your best quality at work?" I ask Matthews. "I have to get to know the patient, really know them. Then, I know what motivates them, know what makes them laugh, do whatever it is I need to do to make them better," he says. "Oh, and I always make sure each

job is complete. I always follow through with whatever I set out to do."

After talking with Matthews for a while, I asked him if he had any hobbies. "Yes, I fly drones," he replied. "I've done that for about 6 months now. It's fun and relaxing. You might be surprised at my other hobby," he added with a laugh. "I'm a DJ at several local clubs at night. I also like Karaoke. Some say that I can sing but I don't know about that. I do that at night and on weekends. "I guess you could say that is my other life," he laughs. I smile at the mere thought; Michael Matthews, LPN by day, DJ by night. Either way, he is a hero in the eyes of many.

Mercy Hospital OKC Named Nation's 100 Top Hospitals

Also One of Only 13 Hospitals to Receive Everest Award

Mercy Hospital Oklahoma City has been named one of the nation's 100 Top Hospitals® by IBM Watson Health™, formerly Truven Top 100 Hospitals. In addition, Mercy Hospital Oklahoma City is one of only 13 hospitals in the nation to receive the Everest Award, achieving the highest national benchmarks along with the greatest improvement over five consecutive years.

"This is an independent study that evaluates more than 2,700 hospitals across the United States, looking at overall quality of care, including lives saved, complication rates and readmission rates," said Jim Gebhart, president of Mercy Hospital Oklahoma City and regional strategy officer. "This speaks volumes about the care we provide our patients here in Oklahoma. We are honored to be named one of the top 100 hospitals in the nation, as well as singled out as one of the current highest performing hospitals in the nation for the quality of the patient care we provide."

The study, conducted since 1993, spotlights the top-performing hospitals in the U.S. based on a balanced scorecard of publically available clinical, operational and patient satisfaction metrics and

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

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 on 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

Based on the results of this year's study, if all Medicare inpatients received the same level of care as those treated in the award-winning facilities:

- More than 102,000 additional lives could be saved
- More than 43,000 additional

Continued on next page

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HELDERLE

Continued from Page 1

"What advice would you give to someone if they wanted to go into the medical field?" I asked Rosemary. With a definite, positive answer, she replied, "I would tell them to set their goal high and go for it. A nurse has to be caring, understanding, patient, be a listening ear, and be helpful to anyone that needs help. It's the little things that count and they all add up to being a nurse," she replied. I have a feeling that she had just described herself because the qualities that she listed for a good nurse were shining through.

"What is the favorite thing about your job here at AllianceHealth Deaconess?" I ask Rosemary. "I have to say I like, no, I love taking care of the patients. Here in Rehab, we take care of all different ages, young and old alike. The staff that I work with is great. We all work together as a team and that makes a big difference. I have to give a shout out to our manager, Lori Stewart, RN, BSN. She is wonderful. We all want the best

for our patients. We will all go the extra mile for someone and we always get the job done. We work together and we do our best."

Asking Rosemary what her greatest reward about her job was, she replied, "I would have to say when our patients comes back after they have recovered, and tell the nurses, 'thank you' for helping them get better. That is a true blessing. It's not like we have to hear it or anything but it makes us all feel so good if we get praised for doing what we love to do. It gives the nurse and patient a special bonding and it is really nice when we can communicate and understand each other."

A typical day at the hospital varies day-to-day for Rosemary. "Sometimes, our days are so hectic; we can't seem to catch our breath. Other days, we seem to be moving in slow motion," she says with a laugh. "That is when we don't have that many patients," she adds. "Also, I am one of the few nurses here, maybe the only one that continues to wear my nurse hat. You know, the little white hat?" she asks me. "Oh, I don't have it on today so you won't get a picture of me wearing my hat," she adds with a laugh.

When Rosemary is not working, she likes spending time with her husband. Her hobbies include arts and crafts, working out at the Y and gardening. "They are all very relaxing to me," she says. "I don't

like to miss out on any of them."

A big thank-you to nurses everywhere for giving your time and tender loving care to patients. What would we ever do without you? THANK-YOU!

MERCY

Continued from Page 2

patients could be complication-free

- More than \$4.4 billion in inpatient costs could be saved

- Approximately 200,000 fewer discharged patients would be readmitted within 30 days

"The country's best hospitals have proven that an unrelenting focus on quality, supported by constant measurement against peer performance benchmarks, can drive improved outcomes while reducing costs and growing profit margins," said Jean Chenoweth, senior vice president, 100 Top Hospitals Programs, IBM Watson Health. "Congratulations to this 25th

anniversary class of 100 Top Hospitals who have helped raise the bar for health care in the U.S. and improve the health care experiences of the people in their communities."

The winning hospitals were announced in the March 5, 2018 edition of Modern Healthcare magazine. This is the third time Mercy Hospital Oklahoma City has been named to the 100 Top Hospitals. Mercy Hospital St. Louis was also named to the 100 Top Hospitals list. In addition, Mercy, as a system of hospitals across four states, has been named a 15 Top Health System for two consecutive years in 2016 and 2017.



Oklahoma's NURSING TIMES

Published each Monday And Locally Owned
And Operated by Metro Publishing L.L.C.



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The Oklahoma Baptist University College of Nursing boasts a long and storied history. Its reputation is known far and wide for educating nursing graduates who are skilled and in-demand. Yet, the College of Nursing is known not only for its high standards of excellence, but also for being a trailblazer in Oklahoma nursing education, leading from the front in its earliest days, and continuing that tradition today.

OBU Leads the Way

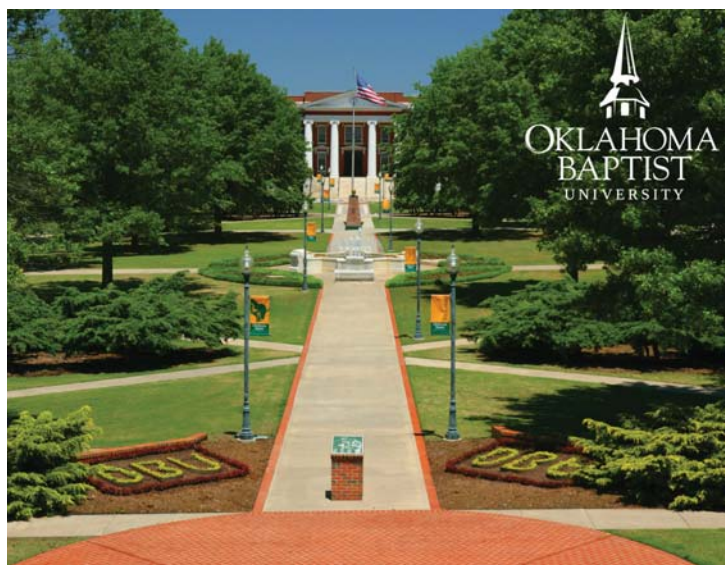
In the fall of 1952, the Oklahoma State Board of Nursing granted approval to OBU for Oklahoma's first baccalaureate nursing program. This degree was the first four year baccalaureate program for nursing in the state among all universities.

The first class of eleven students graduated in 1956 and the OBU nursing program was accredited by the National League for Nursing in 1960. This accreditation continued without interruption until the School of Nursing affiliated with American Association of Colleges of Nursing, its current accrediting body.

The College of Nursing now offers a Bachelor of Science degree with a strong liberal arts foundation, a BSN completion degree for nurses with an Associate Degree, an LPN to BSN degree, and a Master of Science in Nursing.

OBU nursing alumnus Travis DeWall, '16, offered his perspective on why he chose to study nursing at OBU.

"I felt compelled to use my talents and efforts in a field that would allow me to directly serve others. Nursing met this goal and is a career with the opportunity to expand my scope of practice in the future if I decide to. I chose the OBU College of Nursing because I felt the appeal of both rigorous academics and the valuable focused interaction with professors that only a school of this size can provide."



The College of Nursing at OBU has a rich history of training nurses who demonstrate Christ's compassion while providing excellent care for patients. For decades, students have benefited from the expertise and strong tradition that comes with being part of Oklahoma's oldest nursing baccalaureate program.

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13

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The Future Leading the Way Again

OBU

Continued from Page 4

The OBU College of Nursing is housed in a state-of-the-art nursing education facility, Jane E. and Nick K. Stavros Hall. Opening in 2016, Stavros Hall delivers cutting-edge nursing education for both undergraduate and graduate-level students. It includes five classrooms, a 109-seat lecture hall and a computer lab as well as spaces for students to study, meet and interact with faculty. The facility features six state-of-the-art, high-fidelity skills simulation labs, a medium skills lab, a health assessment skills lab, and a home health and bathing training room, totaling 24 beds.

The facility is unrivaled in the state of Oklahoma, its attention to detail and inclusion of real-world medical technology allowing OBU nursing students to be ultimately prepared to enter the nursing workforce.

Nursing Simulation Technology

The crown jewels of Stavros Hall are its simulation labs. Their technology, design and cutting-edge practices are second to none. These labs bridge the gap between learning and practice, placing students at the front lines of patient care, all while under the watchful eye of their professors.

The high-tech simulation labs are equipped with the industry's most advanced medical simulation solutions. The lifelike patient simulators are used to train students in various medical emergencies, allowing learners to acquire the clinical skills necessary to improve patient safety. Students have the opportunity to acquire hands-on practice using a birthing simulator, pediatric simulator and adult patient simulators.

All simulation scenarios are recorded, allowing instructors to conduct debriefing sessions with students in which video recordings are reviewed so that students can receive necessary feedback for improving their skills. The training curriculum consists of single- and multi-patient scenarios that include respiratory, cardiovascular, neurological, maternal-child, trauma, mass casualty and disaster situations.

Patient simulators significantly enhance realism, as they can breathe, bleed, speak and even give birth to a lifelike baby that cries upon delivery. The lifelike devices also simulate complications and various life-threatening scenarios while allowing students to monitor vital signs and administer treatment.

With this facility, OBU is poised to once again take the lead in nursing higher education in the state of Oklahoma, a position familiar to the College since its earliest days. Visit: www.okbu.edu for more information.

CONTACT INFORMATION:



Stavros Hall, Room 103, 500 W University St, Shawnee, OK



405.585.4450



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Mercy Clinic Announces New Chief Operating Officer

Matt Wright will return to his home state to become the chief operating officer of Mercy Clinic in Oklahoma. Wright has more than 15 years of experience in the operation and management of physician practices.

Wright previously served as vice president and chief operating officer of Baylor St. Luke's Medical Group, the unified physician group for Catholic Health Initiatives based in Houston. He was responsible for managing a \$147 million network of 259 physicians and advance clinical clinicians in 42 specialties spread across 5,000 square miles. His duties included operations, clinical quality, care coordination and customer service as well as oversight of all provider recruitment.

"Mercy Clinic is experiencing unprecedented growth throughout the state," said Di Smalley, regional president of Mercy in Oklahoma. "We are deeply committed to

increasing access and making health care more convenient for our patients regardless of where they live. Matt is extremely qualified to help us achieve this goal."

Mercy has more than 100 primary care and specialty clinics throughout Oklahoma.

"I feel very fortunate to be a part of Mercy because of its faith-based roots and its progressive approach to comprehensive population health," Wright said. "I am passionate about creating a high quality health care experience for patients in rural communities."

Wright earned a bachelor's degree from the University of Texas at Austin and a master's degree in health administration from the University of Southern California.

Born in Tulsa, Wright will move his wife and three young children from the Houston area. His first day on the job was March 5.

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MacArthur Park Home Health, Shawnee, OK, is seeking a FT RN. Responsibilities include direct patient care, provide treatments, follow plan of care, and work collaboratively with members of the team to meet positive home care outcomes of our patients. Must be currently licensed as an RN in the State. One year nursing experience in community health/home health/hospice experience, preferred. Salary is commensurate w/education and exp. 120 W MacArthur St #130, Shawnee, OK 74804

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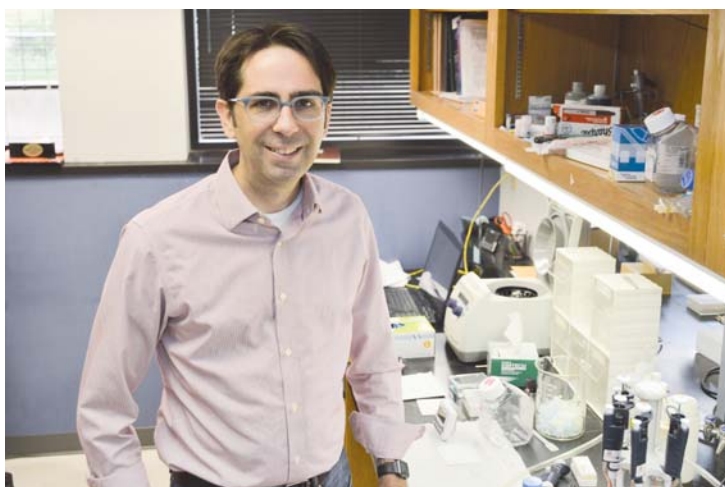
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OMRF finds new clues to why diabetes harms the heart



Oklahoma Medical Research Foundation scientist Ken Humphries, Ph.D.

New research from the Oklahoma Medical Research Foundation has pinpointed a cellular switch linked to why diabetes negatively affects the heart.

The findings could lead to new treatments to limit the damaging cardiac effects of diabetes, said OMRF researcher Kenneth Humphries, Ph.D., who led the study.

A healthy heart has the ability to respond and adapt in order to use available nutrients—either fat or sugar—for energy. However, diabetes disrupts the heart's ability to be flexible in this way. This disruption can ultimately result in a number of heart problems for diabetics.

Heart problems are the leading cause of death in people with diabetes. According a study in the journal *Diabetologia*, people with diabetes—both type 1 and type 2—are more than twice as likely the general population to die from heart disease or stroke.

In the new study, Humphries and his OMRF team discovered that a particular cellular protein (called PFK-2), which is known to be critical for allowing the heart to use sugar properly, is broken in a diabetic heart.

"This is important because the heart normally uses fat for energy, but it needs to maintain its flexibility to use sugar when your insulin levels rise, like after a meal," said Humphries. "When your heart loses this flexibility, it helps explain why heart problems eventually develop."

Diabetics have trouble producing or responding to insulin, a hormone that tells cells to take in sugar as a source of energy. Long-term effects of the illness, which impacts more than 29 million Americans, include heart disease and other cardiovascular conditions.

Humphries said understanding the role of PFK-2 could allow researchers to develop therapies to regulate this important protein, restoring the heart's normal functions even in a diabetic setting.

"We are excited because we think if we can activate or help this broken switch, it might keep the heart more flexible, which would diminish some of the effects diabetes has on the heart and potentially reduce the likelihood of developing life-threatening heart conditions," said Humphries.

The research was published in the *Journal of the American Heart Association*. Other OMRF researchers who contributed to the findings were Satoshi Matsuzaki, Ph.D., Zack Young, Jennifer Giorgione, Ph.D., Maria Newhardt, Mike Kinter, Ph.D., and Lee Bockus, Ph.D.

Funding for this research was provided by grant Nos. 1R01HL125625 from the National Heart, Lung, and Blood Institute, P30AG050911 from the National Institute on Aging, and P20GM104934 from the National Institute of General Medical Sciences. All three of these are a part of the National Institutes of Health.

Continued Education

Symptom Management Conference

The Power of Palliative Care: Sponsored by Norman Regional Health Systems & Foundation

When: Wednesday, April 4, 2018 at 7:30am CT - 4:30pm CT.

Where: Norman Regional Health System Education Center, 901 North Porter Avenue, Norman, OK 73071.

CE Credits: This event offers 5.0 CE credits to attendees. CE accredited by Norman Regional Health System through ANCC.

Topic: Introduction to Palliative Care, Symptom Management, Advance Care Planning, Communication & Cultural & Ethical Issues.

Speaker(s): Jeffrey Alderman, MD: Director of the Institute for Healthcare Delivery Sciences

Additional Information: This Educational Event is being sponsored by the Palliative Care Oncology Fund of Norman Regional Health System and Foundation. For questions or concerns please contact Bridget Pekah, DNP, MSN, RN at bpekah@nrh-ok.com or via 405-307-1517.

Applications have been submitted to offer CEs to nurses, social workers and respiratory therapists.

Positive Aging Institute

Knee Center for Strong Families Positive Aging Initiative

Continuing Education Program in Social Work and Counseling

When: Thursday, April 26, 2018 at 8:30am CT - 4:30pm CT

Where: NorthCare of Oklahoma City, 2617 General Pershing Boulevard, Oklahoma City, OK 73107.

CE Credits: This event offers 6.0 CE credits to attendees. CE accredited by Continuing Education Approved: LCSW, LSW, LSW-Adm. (6.5 hrs., including one hour of ethics) Home Care and Hospice Administrators (6.5 hrs., including one hour of ethics) LADC (6.5 hrs., including one hour of ethics) LPC and LMFT (6hrs., including one hour of ethics) LPNs, RNs (6.5 hrs., including one hour of ethics) **Continuing Education Requested:** Nursing Home Administrators and Certified Assistant Administrators (6 hrs.) RC/AL, Residential Care, and Adult Day Administrators (6 hrs.). **Cost:** \$65.00 with CE credits \$20.00 without CE credits Lunch will be provided.

Topic: Full list provided here: https://okhpna.nursingnetwork.com/PosAgeConfAgenda_2018

Speaker(s): Roberto E. Medina, MD Assistant Professor Reynolds Department of Geriatric Medicine Mark A Stratton, Pharm.D., BCGP, FASHP Professor Emeritus OU College of Pharmacy Jacqueline L. Millsbaugh, M.Ed., LPC Clinical Support Manager Oklahoma Department of Mental Health and Substance Abuse Services Karen Orsi, BA Director Oklahoma Mental Health and Aging Coalition.

Additional Information: For information and accommodations please contact Diane Freeman by phone (405)325-2822 or dkfreeman@ou.edu. **Sponsored by** OU Fran Ziegler and Earl Ziegler College of Nursing.

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Information on these programs is provided here as a service to the public; however, approval by the Oklahoma Board of Nursing is not required for RN-BSN programs. Please check with the Accreditation Commission for Education in Nursing (ACEN) or the Commission on Collegiate Nursing Education (CCNE) for information on the accreditation status of the programs.

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In December 2014, Brandi had a case of strep throat which resulted in the diagnosis of dilated cardiomyopathy. Unable to tolerate any of the medications to treat it, she was told that ultimately a heart transplant would be needed to save her life. Her health began to decline daily, and she spent nearly a month in the Intensive Care Unit before she received a new heart. Brandi's life was saved by a selfless donor, and is now able to exercise, travel and enjoy time with her friends and family.

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LifeShare



Vicki L Mayfield, M.Ed., R.N., LMFT Marriage and Family Therapy Oklahoma City
If you would like to send a question to Vicki, email us at news@okcnursingtimes.com

Q. I have seen your columns about alcoholism, drug addiction, gambling, etc and the damage it does to the body. I don't struggle with any of those. But the one that I seem to have no power over, is the drug, SUGAR. Don't be fooled, it is a drug!!! What do I do? --- Janice

Janice goes on to say, "I realize that I am addicted. I crave sugar!! I become so mentally obsessed that I cannot think of anything else. I will break speed limits to get home and make cookie dough and eat it until I am sick. It is like being drunk.....ON SUGAR. I am diaphoretic, nauseated, sometimes I vomit and I feel terrible the next day. I tell myself, I am not going to do that again."

Lets look at How Sugar Affects Hunger and the Desire For More:

Sugar acts on the brain to encourage additional intake. Sugar dampens the suppression of the hormone Ghrelin, which signals hunger to the brain.

It also interferes with the normal transport and signaling of the hormone leptin, which helps to produce the feeling of satiety.

Lastly, it reduces the dopamine signaling in the brain's reward center, thus decreasing the pleasure derived from the food and compelling the individual to consume more.

Sugar is comprised of glucose and fructose. Fructose is found in most processed foods and is more fat-producing than glucose. There is no biochemical process that requires dietary fructose. It is not a need-based food. It is a want-based food. Sugar makes food taste better and is a source of emotional satisfaction. Eating your Aunt Mary's homemade chocolate chip cookies can bring happiness and calm.

The problem with this want-based food is that once it is found to be pleasurable, more will be ingested, just like any drug. But also as with any once pleasurable drug, it will turn on you and cause you much misery.

It is hard to adjust and moderate sugar but it can be done. The strong emotional connection must be analyzed. A 12 step program can be followed for any addiction. Pair that with therapy. Have a strong support system. Remember you don't want a friend who drags you to the bakery any more than an alcoholic needs a friend who hangs out at a bar.

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What's the hardest part of nursing for you? Integris Canadian Valley Emergency Department

Probably when the patient gets a bad diagnosis and helping the family get through that.



Kyra Kennedy, RN

I think just problems you can't solve.



Joseph Vincent, RN

Each week we visit with health care professionals throughout the Metro



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I think time and managing the amount of time at work versus with the family.



Kim Carroll, RN

Keeping up the pace of 12 hour shifts. I'm pulling four days in a row now. The flu has been taxing.



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