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Nurse finds fit in OKC



Jodie Spradlin, RN, is the director of nurses at Heritage Assisted Living

by Bobby Anderson, Staff Writer

Only half-joking, Jodie Spradlin, RN, director of nurses at Heritage Assisted Living, says most of her big career decisions have come directly after searching the internet.

Nursing was actually Spradlin's second career.

She was a teacher first, but when she became pregnant and had her first child she didn't want to go back.

So, in the search for what would become her next career, she took an online job test.

The results: nursing or dental hygienist.

As luck would have it, a new nursing school had just opened close to home in Colorado.

"The doors just opened up for me to go to school there," said Spradlin.

At the time, her and her husband were involved with LifeChurch, specializing in out-of-state campus development.

"We were done," she said. "We had kept moving and our kids needed to stay somewhere."

At age 37 Spradlin took her nursing boards just two weeks after graduation.

The day she passed she moved back to Oklahoma with her husband.

After seeing her son go to nine different schools and her daughter seven, the Spradlins settled down in Oklahoma City.

The cost of living was right. Nurses in Oklahoma make a decent wage.

"It just felt like home," she said.

Her first job out of school was a critical care unit in downtown Oklahoma City.

"I just could never keep up that pace of critical care and balancing family life as a new nurse," she said. "I should have never gone to critical care. I should have gone to a basic med-surg floor. I jumped in and they were very gracious."

A little after a year on the job she went through the evaluation process.

"It just hit me as a reflection: I'm not a good fit here," said Spradlin.

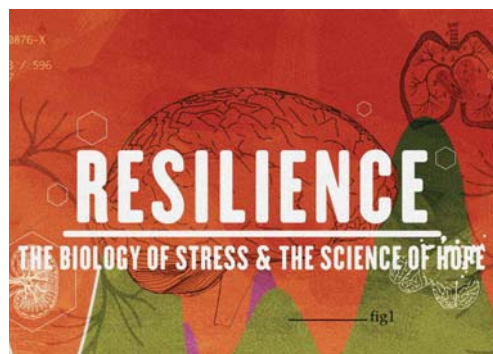
So she went home and Googled: "RN jobs for busy mom in Oklahoma."

This time the field of home health care came up.

Her next nursing job would take her in the

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Nurses asked to attend "Resilience" screening



by Traci Chapman, Staff Writer

As research continues to unfold linking childhood abuse and neglect to a host of physical and mental conditions potentially dangerous to the health and well-being of adults who lived through it, a group of Canadian County professionals is calling to nurses throughout the Oklahoma City metropolitan area to help turn the tide.

They're doing that by hosting the award-winning documentary, "Resilience: The Biology of Stress and The Science of Hope." Hosted by Infant Mental Health, Trauma and Community Resource Team and Canadian County Coalition for Children and Families' special events committee and set during April's National Child Abuse Prevention Month, "Resilience" details the science surrounding the effects of adverse childhood experiences and the hopefulness to be found by fighting the root issues.

What those adverse experiences - or ACES - meant to those who had gone through them came to light in the 1990s, thanks to a joint study between Centers for Disease Control and Kaiser Permanente. As outlined in "Resilience," that work found child abuse and neglect generates a toxic stress, triggering hormones that down the line could impact children - sometimes not until they became adults - with

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physical disease, as well as emotional and social issues that could severely hinder their chance for later success.

The screenings came about thanks to a Potts Family Foundation Community Resource Development Foundation grant. The Oklahoma City-based foundation provides funding and other resources for nonprofits and organizations working to help area communities.

Canadian County organizers scheduled two events - April 5 and April 17 - to screen the documentary and provide additional information.

Nurses and other health professionals - as well as Department of Human Services caseworkers and other staff, law enforcement, nurses, teachers and school counselors and community service providers - are asked to attend a free April 5 professional lunch and learn. In addition to the film, a multidisciplinary panel will hold a discussion during the event.

Panel members anticipated to participate include: Red Rock Behavioral Services psychiatrist Dr. Vincel Cordry;

Canadian County District Attorney Mike Fields; Melissa Griffin from Oklahoma State Department of Health, Child Guidance; pediatrician Dr. Alecia Hanes; and Red Rock Health's home director and outpatient chief operating officer Kristen Bradley, RN and Dr. Wanda Ellison, respectively.

"Basically, we want to make sure anyone who can have an impact on children dealing with this situation have a chance to take part in the screening and panel discussion," said Lisa M. Schoelen, Red Rock Behavioral Health Services regional program director. "It's essential to have the participation of nurses, doctors and any other health care professionals who can attend."

CEU's have been approved for LPC, LMFT, LCSW, LADC and case managers, Schoelen said. Advance registration for the April 5 event - set for 11:30 a.m. until 1:30 p.m. - is required and can be done by going online to <http://bit.ly/2FJTSsM>.

Nurses and other professionals are also invited to a community "Resilience" screening, set for 4:30 p.m. to 6:30 p.m. April 17. That event - open to foster parents, civic groups, parents and families or the community at large - will also feature a panel discussion

after the film. Light refreshments will be available.

Both events will be held in Room MM125 of Redlands Community

College, located at 300 S. Country Club Road in El Reno. For more information, contact Schoelen at lisasch@red-rock.com.

Oklahoma Nurse, Professor Honored with National Nursing Leadership Award



Dr. Melissa Craft, PhD receives the Brenda Lyon Leadership Award from Vince Holly, board president of the National Association of Clinical Nurse Specialists.

Melissa Craft, Ph.D., a nurse, faculty member and academic leader at the Fran and Earl Ziegler College of Nursing at the University of Oklahoma Health Sciences Center in Oklahoma City, was recently honored by the National Association of Clinical Nurse Specialists.

Craft received the Brenda Lyon Leadership Award, which recognizes extraordinary leadership in service to the National Association of Clinical Nurse Specialists. It is named for Brenda Lyon, a founding member and the second president

of NACNS. Craft is an assistant professor, Ph.D. program director and interim associate dean for academic administration and graduate education at the OU College of Nursing.

"I am truly humbled and honored by this award," she said. "I have been a clinical nurse specialist for 30 years, and being able to contribute to the ongoing vitality of this incredibly valuable advanced practice nursing role is a high point of my career."

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SPRADLIN

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homes of her patients. She would be the eyes and the eyes of the provider.

"It was an amazing schedule for me and for my kids because they weren't driving yet," she said. "And it really helped me learn my skills on my own. I was in peoples' homes and having to make the judgment calls and the call to the physician."

But the driving begin to catch up with her. Purcell in the morning, Stillwater in the afternoon - the miles kept piling up.

So she decided to reach out and do agency work. She worked all the critical care units in the city for one health system.

This time she was ready.

"I finally had my skills sharpened and the pay as an agency nurse is amazing if you don't have to have full-time," she said.

She started filling in for DONs out on medical leave from assisted living facilities.

That's when she ran into Curtis Aduddell

Aduddell became a nursing home administrator in 1993 in

Texas. When the opportunity arose to move back to Oklahoma he jumped on it.

His brother and father approached him with a plan to open several assisted living facilities. The family built Heritage Assisted Living from the ground up and Aduddell has been at 9025 Northwest Expressway ever since.

For almost the last three years so has Spradlin.

"Again, it's a flexible schedule," Spradlin said of the appeal. "It's privately owned and we're not held to corporate.

"This is a mom and pop facility. He lets me work. If I want to work 2 p.m. to 10 p.m. at night he lets me. It's flexible for my family."

Spradlin learned the ins and outs of assisted living through the annual audits. The patient care, well she already had that.

"What energizes me is seeing a need and being able to meet it," she said.

She'll be the first to tell you her time-management skills need work.

From the time she walks through the door she's pulled in different directions.

"People think because I'm the director everything has to be run through me," Spradlin laughed. "Really, I need to be back in the office making sure we have orders. I typically now try to come in a different door to make it."

But by lunchtime she's on the floor, talking to her residents.

She's found that a full belly makes for better outcomes when trying to deal with issues.

After that the afternoon is a sea of marketers, home health agencies, care teams and other appointments.

Aduddell got her an assistant - whom she calls "a rock star" to make life easier.

But from the very beginning she's always had one non-negotiable while working at Heritage - half days on Fridays during garage sale season.

She says she got hooked back in those poor early ministry days. But now she's shopping for her residents.

"Equipment my residents might need or for bedding or clothing for someone who doesn't have family," Spradlin says. "I'm always buying stuff to bring back to work."

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Kelly first SSM Healthcare System employee honored with extraordinary nurse DAISY Award

by Traci Chapman - Writer/Photographer

While Brandy Kelly always knew she wanted to follow a path of service and care, little did the longtime St. Anthony's charge nurse know that choice was making the kind of difference it was to those around her.

That was, until Kelly was awarded St. Anthony Hospital's first-ever DAISY Award, in recognition for her extraordinary patient care and exceptional team spirit in everything she does.

Kelly's patients commended not only her skills, but also how she took extra time to make sure they understood explanations on procedures and medications - in the process making them feel completely safe in the naturally frightening environment of the medical-surgical unit.

The DAISY certificate, presented with a scripture entitled, "A Healer's Touch" and hand-carved by artists with Africa's Shona Tribe, stated, "In deep appreciation of all you do, who

you are, and the incredibly meaningful difference you make in the lives of so many people."

For her part, Kelly was completely surprised when presented the DAISY Award, made more significant, officials said, because she was the first nurse in the SSM Health 40,000-employee system to be recognized by the nonprofit foundation that bestows it.

"I was so honored to receive this award - it was so nice to see recognition for nurses because I see, every day, just how much all they do and what a difference they make," Kelly said.

For Kelly, who always knew she wanted to serve the community, choosing nursing was easy - although initially, she did have a few doubts, she said.

"I honestly was not sure if I would be able to handle all of the blood and bodily fluids that came along with the job," she said. "So, I decided to get my LPN first - I started nursing school and fell in love."

That was when she was 21 years' old; obtaining her RN in 2004, the now 45-year-old said she could never envision doing anything else.

"I knew then that it was my calling," Kelly said.

That calling brought Kelly to St. Anthony about eight years ago, she said. Working at the hospital has been a dream position - from dealing with the nursing administrative team to the mentors who encouraged her every step of the way, she said.

"I think they've done an awesome job leading this hospital in the evolving health care field that we live in today with the many challenges we face," Kelly said. "I have the pleasure of working with some of the best people and nurses I know - we are truly a family, we laugh together, cry together, hold each other accountable and encourage success, both personally and professionally."

That accountability is in part achieved through SSM's unit-based councils, teams that work to solve

problems among staff and provide guidance and solutions to everything from care plans to new procedure challenges. Kelly leads the medical-surgical unit council, which includes 27 nurses and numerous support staff; she also achieved designation as "super user" of the facility's EPIC electronic health care record system, assisting both new and established personnel in navigating it.

"In a unit where you have people in both day and night shift - who don't always see each other that regularly - it's important for us to coordinate with and help each other," Kelly said. "That's one of the examples of how amazing the mission at our hospital is - from the leadership to each individual unit and employee."

That outlook exemplified the reason for Kelly's selection for the DAISY Award, administrators said - while the charge nurse herself spoke instead about the inspiration fostered by the award itself and the story behind it.

The award, implemented by the

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St. Anthony Hospital medical-surgical unit charge nurse Brandy Kelly, RN, was recently the first nurse in the SSM Healthcare System honored with the DAISY Award for Extraordinary Nurses.

foundation of the same name, came about after the 1999 death of 33-year-old Patrick Barnes. A two-time survivor of Hodgkin lymphoma, in late 1999, Barnes was diagnosed with Idiopathic Thrombocytopenic Purpura, or IDP - just two months after he and his wife had their first child.

His father, Mark Barnes, started DAISY Foundation, after witnessing not only the expected excellent health care given his son during his hospitalization, but also the compassion and kindness exhibited on a daily basis - even when Patrick was unconscious and they didn't realize anyone was watching, he said.

"They truly helped us through the darkest hours of our lives and they gave us hope - and, even though Pat ultimately didn't survive, we have hope to that day because of all those nurses did during that time," Barnes said.

With Patrick's wife, Tena, the family developed the nonprofit, California-based DAISY, named for "diseases attacking the immune system," and quickly worked to set up a recognition program for nurses everywhere who go above and beyond.

Thus, the DAISY Award for Extraordinary Nurses was born, Barnes said.

"We wanted to develop a partnership with health care organizations to recognize not just clinical skill, but especially the compassion, kindness and dedication

nurses provide to both patients and their families," he said.

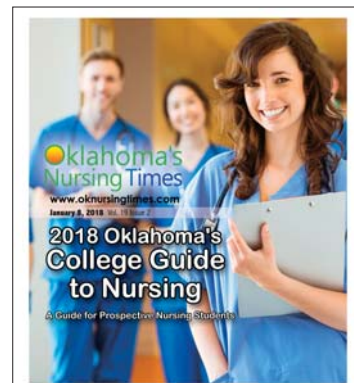
Today, more than 3,000 health care facilities and nursing schools across the United States and internationally take part in the DAISY Award program, Barnes said.

SSM Health, a Catholic not-for-profit health system headquartered in St. Louis, includes 24 hospitals, hundreds of physician's offices and a host of other services - ranging from hospice, home and outpatient care and post-acute facilities to an accountable care organization, as well as technology and insurance companies. In Oklahoma, St. Anthony Hospital, located in midtown Oklahoma and founded in 1898, is the centerpiece of a network including Bone and Joint Hospital of St. Anthony; St. Anthony North and South; St. Anthony Healthplexes located in Mustang, north, south and east Oklahoma City; St. Anthony Shawnee Hospital; and St. Anthony Physicians Group.

The SSM Health system also includes 17 rural hospitals in locations ranging from Shattuck, Holdenville and Weatherford to Enid, Lawton and Purcell.

For more information about the DAISY Award - which also sponsors separate recognition for both nursing faculty and students - and submitting nominations for the honor see the foundation's website, located at <http://DAISYfoundation.org>.

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We are looking for a Part time position for a Registered Nurse at our South Tulsa office location. Must be able to start I.V's. No weekends. Great work environment. Background check and drug testing before hiring. Kelly Medical Building, 6565 South Yale Ave, Tulsa, OK 74136

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OU Physicians Names Chief Administrative Officer

Kevin Elledge has been named chief administrative officer for OU Physicians, the physician practice of the University of Oklahoma College of Medicine.

In his new role, Elledge will work closely with OU Physician leadership to advance the mission of patient care across the OU Health Sciences Center enterprise. He will be responsible for the collective business and operational performance of the OU Physicians clinical practice, including the provision of core practice management services, revenue cycle functions, financial management, clinical operations, strategy development, information technology and analytics. Elledge will support the delivery of high-quality patient care across OU Physicians practice divisions and clinical units and will ensure coordination with the University's missions of education and research.

Elledge has more than 14 years of experience with OU Physicians, most recently serving as the executive director of operations.

"As interim chief administrative officer, Kevin has worked tirelessly and very effectively to advance a number of important initiatives for our group," said OU Physicians President Jesus Medina, M.D. "He has earned my respect as a trustworthy administrator, manager and leader. I am excited to continue working with him for the benefit of our organization."

Elledge holds a bachelor's degree in Computer Science from the University of Central Oklahoma. Prior to joining OU Physicians, he resided in Atlanta where he founded and operated a successful healthcare



technology company.

With more than 1,000 doctors and advanced practice providers, OU Physicians is the state's largest physician group. The practice encompasses almost every adult and child specialty. Many OU Physicians have expertise in the management of complex conditions that is unavailable anywhere else in the state, region or sometimes even the nation. Some have pioneered surgical procedures or innovations in patient care that are world firsts.

OU Physicians see patients in their offices at the OU Health Sciences Center in Oklahoma City and at clinics in Edmond, Midwest City, Lawton and other cities around Oklahoma. When hospitalization is necessary, they often admit patients to OU Medical Center. Many also care for their patients in other hospitals around the metro area. OU Physicians serve as faculty at the University of Oklahoma College of Medicine and train the region's future physicians.

St. Anthony Physicians Group Welcomes Kristin Patzkowsky, PA-C

St. Anthony Physicians Group is pleased to welcome Kristin Patzkowsky, PA-C to St. Anthony Physicians Dermatology Enid.

Patzkowsky earned her undergraduate degree in science from the University of Central Oklahoma. She then went on to complete a Master of Public Health

and a Master of Health Science, from the University of Oklahoma Health Sciences Center.

Patzkowsky will see patients at St. Anthony Physicians Dermatology Enid, 330 S. 5th Street, Suite 400, in Enid. To schedule an appointment please call 580-242-2386.

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.

Palliative Care Symposium

Palliative Care Symposium on Symptom Management
Sponsored by Oklahoma Chapter of HPNA

When: Friday, April 27, 2018 at 8:00am - 4:30pm.

Where: Norman Regional Hospital Education Center, 901 North Porter Avenue, Norman, OK 73071. **Who Should Attend:** Nurses, home health and long-term care providers, physicians, social workers, and other hospice and palliative care providers from acute, post-acute, home and chronic care settings. **Topic:** Numerous **Speaker(s):** Dr. Sarah Yoakam, MD, Dr. Sarah Minor, DO, Dr. Bryan Struck, MD, Dr. Peter Winn, MD Professor at OUHSC, Dr. Rachel Funk-Lawler, PhD, Becky Lowery, APRN, CNS, AOCN, **Additional Information:** The Oklahoma Chapter of the Hospice and Palliative Nurse's Association is offering an interactive and interdisciplinary education forum for nurses and other healthcare professionals. Our aim is to increase healthcare provider awareness, knowledge and skills necessary to provide supportive and palliative care and symptom management throughout all phases of the palliative and hospice care trajectory. Please register at <https://okhpna.nursingnetwork.com> *free to Norman Regional Employees*.

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. Millspaugh, 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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2. Chickasha Campus Ph: 405-222-7592

Central Technology Center
www.ctechok.org
1. Drumright Campus Ph: 918-352-2551 Ext 288
2. Sapulpa Campus 918-224-9300

Chisholm Trail Tech. Center
www.chisholmtrail.com Ph: 405-729-8324

Francis Tuttle Tech. Center
www.francistuttle.com Oklahoma City Ph: 405-717-4382

Gordon Cooper Tech. Center
www.gctech.org
Shawnee Ph: 405-273-7493 Ext 291

Great Plains Technology Center
www.gptech.org
1. Lawton Campus Ph: 580-250-5595
2. Frederick Campus Ph: 580-335-5525

Green Country Technology
www.gctc.ok.com Okmulgee Ph: 918-758-0840 Ext 246

High Plains Technology Center
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Indian Capital Tech Center
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2. Sallisaw Campus Ph: 918-775-9119 Ext 108
3. Stilwell Campus Ph: 918-696-3111
4. Tahlequah Campus Ph: 918-456-2594

Kiamichi Technology Center
www.okktc.org
1. Antlers Campus Ph: 580-298-6354
2. Atoka Campus Ph: 580-889-7321
3. Durant Campus Ph: 580-924-7081
4. Hugo Campus Ph: 580-326-6491
5. McAlester Campus Ph: 918-426-0940
6. Idabel Campus (McCurtain) Ph: 580-286-7555
7. Poteau Campus Ph: 918-647-4526
8. Stigler Campus Ph: 918-967-2801
9. Talihina Campus Ph: 918-567-2264

Meridian Technology Center
www.meridian-technology.com Stillwater, OK 74074
Ph: 405-377-3333 Ext 324

Metro Technology Center
www.metrotech.org Oklahoma City Ph: 405-605-4610

Mid-America Technology Center
www.matech.org
Wayne Ph: 405-449-3391 Ext 265

Mid-Del Lewis Eubanks Technology Center
www.mid-del.tec.ok.us Midwest City Ph: 405-739-1713

Moore Norman Technology Center
www.mntechology.com Norman Ph: 405-364-5763 Ext 7349

Northeast Technology Centers
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2. Afton Division Ph: 918-257-8324
3. Kansas Division Kansas, OK Ph: 918-868-3535
4. Claremore Division Ph: 918-342-8066

Northwest Technology Center
www.nwtech.edu
Alva Ph: 580-327-0344

Pioneer Technology Center
www.pioneertech.org
Ponca City Ph: 580-762-8336 Ext 251

Platt College www.plattcollege.org
(Conditional Approval)
1. Tulsa Campus Ph: 918-663-9000
2. Oklahoma City Campus Ph: 405-946-7799
3. Moore Campus Ph: 405-912-2777
4. Lawton Campus Ph: 580-355-4416

Pontotoc Technology Center
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Southern Okla. Tech. Center
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Ardmore Ph: 580-223-2070 Ext 239

Southwest Technology Center
www.swtc.org
Altus Ph: 580-477-2250 Ext 257

Tri County Technology Center
www.tctc.org
Bartlesville Ph: 918-331-3223

Tulsa Tech, HSC www.tulsatech.com
Tulsa Ph: 918-828-5000/828-1043

Western Technology Center
www.wtc.tec.ok.us
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Wes Watkins Technology Center
www.wwtech.org
Wetumka Ph: 405-452-5500 Ext 277

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Carl Albert State College
www.carlalbert.edu
1. Poteau Campus Phone: 918-647-1350-1355
2. Sallisaw Campus Phone: 918-775-6977

Connors State College
www.connorsstate.edu
Muskogee Campus Phone: 918-684-5436

Eastern Oklahoma State College
www.eosc.edu
1. Wilburton Campus Phone: 918-465-2361

ext. 796
2. Idabel Campus Phone: 580-286-9431
3. McAlester Campus Phone: 918-302-3607

Murray State College www.mscol.edu
1. Tishomingo Campus Phone: 580-371-2371 ext. 337
2. Internet-Based Campus Tishomingo Phone: 580-371-2371 ext. 337

Northeastern OK A&M College
www.neo.edu
Miami Phone: 918-540-6312

Northern Oklahoma College www.noc.edu
1. Tonkawa Campus Phone: 580-628-6679
2. Enid Campus Phone: 580-242-6300
3. Stillwater Campus Phone: 405-372-1480

Oklahoma City Community College
www.okc.cc.ok.us Oklahoma City Phone: 405-682-7507

Oklahoma State University
www.osuokc.edu
Oklahoma City Phone: 405-945-3295

OSU Institute of Technology Okmulgee
www.osuit.edu Phone: 918-293-5337

Redlands Community College
www.redlandsc.edu El Reno Phone: 405-422-1262

Rogers State University www.rsu.edu
1. Claremore Campus Phone: 918-343-7635
2. Bartlesville Campus Phone: 918-338-8000

Rose State College www.rose.edu
1. Midwest City Campus Phone: 405-733-7546
2. Internet-Based Campus Midwest City Phone: 405-733-7546

Seminole State College www.ssc.cc.ok.us
Phone: 405-382-9205

Tulsa Community College www.tulsacc.edu
1. Tulsa Campus Phone: 918-595-7188
2. Owasso Campus Satellite Site Phone: 580-595-7188

Western Oklahoma State College
www.wosc.edu
1. Altus Campus Phone: 580-477-7830
2. Lawton Campus Phone: 580-477-7830
3. Elk City Campus Phone: 580-477-7830
4. Internet-Based Campus Altus Phone: 580-477-7830

BACCALAUREATE DEGREE PROGRAMS

East Central University www.ecok.edu
1. Ada Campus Ph: 580-332-8000 Ext 433/434
2. Durant Campus Ph: 580-924-0121
3. Ardmore Campus Ph: 580-223-1441

Langston University www.lunet.edu
1. Langston Campus Ph: 405-466-3411
2. Tulsa Campus Ph: 918-594-8070

Northwestern OK State Univ.
www.nwosu.edu
1. Alva Campus Ph: 580-327-8489
2. Enid Campus Ph: 580-233-3101
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4. Ponca City Campus Ph: 580-718-5600

Oklahoma Baptist University
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Oklahoma City Ph: 405-425-5000

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Oral Roberts University www.oru.edu
Tulsa Ph: 918-495-6198

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Southern Nazarene University
www.snu.edu
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Southwestern OK State Univ.
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University of Central Oklahoma
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The University of Tulsa
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Ph: 918-631-2619

The following programs admit only Registered Nurses to Upper Division Courses and Grant a Baccalaureate Degree in Nursing.

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.

Bacone College www.bacone.edu Muskogee Ph: 918-781-7325

Northeastern State Univ. www.nsuok.edu
Muskogee Ph: 918-781-5410

Oklahoma Panhandle State Univ.
www.opsu.edu Goodwell Ph: 580-349-2611 Ext 269

University of Phoenix www.phoenix.edu
1. Tulsa Campus Ph: 918-622-4981
2. Oklahoma City Campus Ph: 888-888-8166
3. Norman Campus Ph: 405-842-8007





As a senior in high school, Heath was an important part of the Oklahoma City Junior Rowing Crew, but in the fall of that year he started feeling sick and didn't know why. His heart rate would go through the roof when he was practicing on the rowing machine, even when he was standing around after practice. His coach and family knew that this wasn't right, so he went to see the doctor. He was diagnosed with Wolff-Parkinson's-White Syndrome.

In March, after many tests and procedures, Heath was put on the heart transplant list at INTEGRIS Baptist. At the end of May he received the call that a heart was available for him. After only two weeks in the hospital, he was able to return home.



Heath is now attending OSU and enjoys biking around campus and attending his classes. He is involved in several Christian Ministries in Stillwater. "I'm getting my life back and I am so grateful to my God and my donor," says Heath.

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. If you don't have a license or state ID card and do not have internet access, call 800-826-LIFE (5433) and ask for a donor registration card.



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. Do I continue taking prescribed pain killers (that don't really work and have some nasty side effects) or switch to CBD?

--- Marla

I have chronic pain. I have been prescribed many different drugs. I have chronic constipation which requires another drug, a brain fog that affects my concentration and a non stop fight with myself to stop taking these addictive opiates.

But what would I use for pain relief? A co-worker talked about her experience with CBD. She provided me with the following information:

CBD is one of over 60 compounds found in cannabis that belong to a class of ingredients called cannabinoids. CBD is present in high concentrations --- and the medical world is realizing that its list of medical benefits continues to grow. THC, the ingredient in cannabis that produces mind-altering effects is found in CBD but only in trace amounts so there is no mind-altering experience.

The following is a list of proven benefits of CBD:

1. Relieves pain and inflammation - Among common CBD benefits, NATURAL PAIN RELIEF tops the list for many. Evidence suggests that cannabinoids may prove useful in pain modulation by inhibiting neuronal transmission in pain pathways. Researchers suggest that CBD and other non psychoactive components of marijuana may represent a novel class of therapeutic agents for the treatment of chronic pain.
2. Has antipsychotic effects -- It appears to have a pharmacological profile similar to that of atypical antipsychotic drugs as seen using behavioral and neurochemical techniques in animal studies.
3. Reduces anxiety -- Cannabidiol has shown to reduce anxiety in patients with social anxiety disorder and researchers suggest that it may also be effective for panic disorder, obsessive compulsive disorder, social anxiety disorder and post-traumatic stress disorder.
4. Helps fight cancer --- Several scientific reports demonstrate that CBD benefits include possessing anti proliferative effects that inhibit cancer cell migration, adhesion and invasion.
5. Relieves nausea.
6. Treats seizures and other neurological disorders.
7. Lowers incidence of diabetes.
8. Promotes cardiovascular health.

CBD has the benefit of anti-inflammatory, anticonvulsant, antioxidant, antiemetic, anxiolytic and antipsychotic agent and is therefore a potential medicine for the treatment of many illnesses and diseases.

Oklahoma is one of 17 states that allow limited access to marijuana products low in THC and high in CBD. But specific requirements and conditions must be met.

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"It would definitely be time travel."



Jillian Powell, LPN

"My super power would be healing."



Shaunda Ellis
Medical Assistant

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"Time travel"



Lauren Long
Medical Assistant

"I would read people's minds."



Kathy Collins
LPN

An Evening of Caring

Circle of Care began serving abandoned children in 1917 at the Methodist Orphanage in Oklahoma City and the Frances E. Willard Home for Girls in Tulsa.

More than 100 years later, nearly 9,000 children are in state custody and rely on the care of foster parents. Approximately 300 youth in state custody reach the age of 18 each year only to leave the system with no family or stable support network.

Circle of Care administers 10 foster care offices and sites across Oklahoma. The nonprofit agency contracts with the Department of Human Services to recruit, train, and support community and campus-based foster homes.

Previously Vice-President of Programs, Keith Howard now serves as Circle of Care's new CEO and President. Howard says, "For eight years, I felt God tug on my heart (to foster) and then I would count all the ways I was already doing something. Eight years was too long and I'm glad I didn't wait a day, week or month longer or I might have missed out."

Howard and his wife, Stacy, are parents to two biological children

and a sibling group of 4 they first fostered and then adopted. He says, "Where convenience and inconvenience intersect is where adventure awaits."

Howard and Circle of Care welcome nationally acclaimed speaker, former foster kid and Oklahoma native, Josh Shipp, as the keynote speaker at their annual Friends of Children fundraising gala on April 20th. A best-selling author and global youth empowerment expert, Shipp is renowned for his documentary TV series on A&E, Teen Whisperer. He says, "Every kid is ONE caring adult away from being a success story."

The public is invited to hear Josh's compelling story, be inspired and support children in need on at the National Cowboy & Western Heritage Museum in Oklahoma City on Friday, April 20th.

Tickets and sponsorships are available at www.circleofcare.org, or call 405-530-2078. The event center is at 1700 NE 63rd St. in Oklahoma City. Registration begins at 5:15 p.m. with the program and dinner commencing at 6 p.m. #eveningofcaring

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