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Scott Ellis says his life is enriched by working as manager of Critical Care and Telemetry Services at OU Medical Center Edmond.

by James Coburn
Staff Writer

Saving a life can be an adrenaline rush for Scott Ellis. As a registered nurse he keeps watch of a multitude of patients all over OU

Medical Center Edmond as manager of Critical Care and Telemetry Services. Telemetry means they are monitoring the cardiac aspect of the patient from a remote area. "It makes you feel that your hard work through

your education and all the time and experience that you have has paid off to impact someone else's life and their families' lives," Ellis said. "I always think that it could have been my mom or my grandmother or sister. That's how I look at it that also you're doing something great for the community as a whole. It could have been your loved one as well." He earned his bachelor's degree in nursing at Southern Nazarene University 10 years ago and

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Hometown nursing

Mustang native celebrates career change



Cheriti Sellers, RN, gave up a career in substance abuse counseling for a life in nursing.

story and photo by Bobby Anderson, Staff Writer

Cheriti Sellers, RN, was sitting in her master's class like she had so many times before when God began to whisper in her ear. It was clear to the then-substance abuse counselor that God was leading her in a different direction. It was actually one she wanted to go in years before. Now, four years into a rewarding nursing career, Sellers sees how the route she's traveled is the one she's supposed to have been on all along. Four years ago Sellers left behind a career in alcohol and drug counseling and enrolled in Oklahoma City Community College's traditional nursing program. The loss of her father during high school solidified her pursuit to help others.

"I've wanted to go into nursing since I was in high school," Sellers said. "My thing was I wanted to go cure

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OU

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holds an MBA from Oklahoma Christian University. Ellis earned a bachelor's degree at Oklahoma City University with a minor in chemistry.

He came to OU Medical Center Edmond in October after transferring from multiple positions at OU Medical Center in downtown Oklahoma City that includes critical care.

"For the critical care aspect of it, there is a lot of autonomy and a lot of things that you can do to save someone's life," he said. "And it's wonderful to bring all of our skilled knowledge together for a patient in one area."

The hospital's intensive care unit receives a variety of patients without having a separate trauma ICU for those patients that may be transferred to OU Medical Center in downtown Oklahoma City.

Twelve ICU beds encompass the unit. The ICU remains busy as its volumes have increased over the past year.

"We're a pretty lively hospital," he said.

"We do some levels of trauma

but we do not do all trauma," he said. "Our downtown campus is a wonderful system and we work really well together to function for the betterment of our patients."

Seeing a variety of different patients with medical needs serves the nurses' skill sets well, he said.

"They are very caring. They give a lot of themselves for others during very long shifts," Ellis said. "They are always willing, if they need, to stay over beyond their hour shift. They really care about the patients, the families and the impact that they have on people's lives. That's very admirable to me."

Ellis still has patients he attended to as a nurse from years ago who will text him or call him at Christmas and other holidays to thank him. He said he is amazed to always see the impact he has made on others. This thought carries through his days. Nurses remember the great experiences they have had, Ellis said.

His journey to become a nurse was sparked when an aunt who was very close to him had cancer. The care he witnessed that his aunt received during her plight with cancer motivated him. His aunt later died, but just to see how his aunt's nurses interacted with her with compassionate and voluminous care caused Ellis to want to be a nurse for others.

Of course the career of nursing is always evolving with new insight brought from technology and skill sets. Ellis said ICU nurses at OU Medical Center Edmond continue a learning path.

"The thing about nursing is you are always going to learn something new," he said. "It never ends. We're not at our university anymore getting our degree but we're continuously learning new skills, new education. There's new

medications all the time and new ways of treatments.

"So that's the neat thing about our profession. It's a continual education throughout your career. It's never going to end. So we are always reading and doing in-services and skills checks."

The hospital's location at the northwest corner of Second Street and Bryant Avenue is patient friendly in terms of easy access from all parts of the community and beyond.

"They really want to stay here and we have a lot of people who live here in Edmond that say that driving to Oklahoma City is going out of town," Ellis said.

The community enjoys a small town feeling in a vibrant, growing community of more than 89,000 residents. So he said it is wonderful to provide services to support that small town feeling.

He stays healthy and fit himself both mentally and physically. Ellis said his favorite thing to do with his family is to travel. They recently returned from a venture to London, Paris and Barcelona.

Barcelona was amazing with its beaches and mountains. The gothic area is an incredible place to walk down alleyways, he said.

"There are shops and apartments. There used to be palaces, but you walk down an alleyway because they didn't have cars at one time, so there's a beautiful cathedral and a restaurant."

"I love to travel as much as I can. We stay really busy with what we do, but when we travel we like to relax," he said



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CAREER

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the world. Life turned and I ended up in drug and alcohol working with adolescents."

Family studies and gerontology work soon followed and before she knew it Sellers was headlong into a master's program as a family therapist.

That's when she heard the whisper which was as jarring as a scream.

"I decided I was just done. I was ready to move onto something different," Sellers said. "Nursing, especially ER nursing, kind of brought both worlds together for me."

Countless cuts to the state's mental health budget pushed counseling providers to the brink trying to figure out how to deal with an ever-growing need with a shrinking budget.

Private sector work wasn't much better.

"It was a lot of emotion," said Sellers, who not only worked for an agency but also ran a 24-hour crisis line while holding down a private practice. "I was running a lot. There was a toll on my family. There was a toll on me."

"I just said 'I don't think I wanted to do this for the rest of my life'

and I got up and walked out," Sellers continued. "I just felt like God was telling me there was more for me to do somewhere else and I was done there. I felt like I had done what I needed to do in that field."

That decision was never followed by regret. There were no second thoughts.

She became certified as a science teacher for grades five through nine and entered the classroom thinking this was her next move.

God whispered again.

On a Tuesday she was teaching. The following Tuesday she was an OCCC student and learning.

"It was pretty fast and I haven't stopped since," Sellers said.

Now, Sellers works at St. Anthony Healthplex Mustang.

It's a job she truly adores for so many different reasons.

"I know that I make a difference, especially working here," Sellers said. "I go to football games on Friday nights. I go to Wal-Mart. My roots are here in Mustang. I've lived here my entire life. My family was here since the Land Run. This is my town."

"Whenever I go to those places and they say 'You're the nurse who took care of me' they know me. They remember us and it's nice."

Sellers' family - including a husband of 23 years this June and four kids - think mom's job is the best. The three boys and one girl have non-stop schedules but they always know where to find mom - especially when she needs a Sonic iced tea in the afternoon.

"There's a lot more family time," Sellers said. "Whenever I was counseling my phone never stopped ringing. My life never stopped."

The Mustang native admitted that she felt she couldn't stop answering her phone in her previous life.

Calls came in at all hours. Often, they were of life and death importance.

Sometimes it was someone drunk in a Wal-Mart parking lot who desperately needed to make it to a crisis center or teenagers calling because they didn't know where to go.

"I couldn't not answer my phone," Sellers said. "I was tired a lot. There was a stress. I felt like I was responsible for tons of life. Here, whenever my shift is done I know that life is in good hands and I can go home and clock out mentally and physically."

"In my previous career I couldn't do that."

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CAREERS IN NURSING

A HELPING HAND: LPN IS SUPPORTIVE OF STAFF, RESIDENTS

by James Coburn - Writer/Photographer

Shelby King has a pleasant persona as a skilled LPN and charge nurse at the Warr Acres Nursing Center.

A graduate of Platt College in Oklahoma City, King has been a nurse since 2007. She actually began her journey as a CNA in high school in 1995. And she keeps her career going due to her love of Warr Acres residents.

"They have become like family to you when you become family to them," she said. "They are historians. You can sit down and talk to them and find out all kinds of stuff from their past and historically the past."

King said there are hospital nurses and long-term care nurses and they are two completely different types of groups.

"I think back and I enjoy them. I've quit nursing a couple of times and I go back," said King, who has been with Warr Acres for three months. "I actually heard good things about it and I wanted something new. I

wanted to be in a new place and get a new start from the facility I was at previously."

"One of my friends works here and told me to come in and try it out. I'm glad I did. I enjoy it."

She discovered a nursing center staff filled with compassion and patience, she said. They work as a team when long-term care nursing can be a challenge.

"It can be frustrating sometimes but you just have to take your time. Compassion is a lot of it," she said.

King was young when she aspired to become a nurse. Her mother tells her that she would always ask for first aid kits for Christmas. As King got older, she thought about becoming a hair stylist, but her mother told her to instead chose a secure career to make money. She has two children to feed at home.

"Once I started doing it I really enjoyed doing it," she continued.

Her role requires her to be firm

but fair with the staff, she said, because the CNAs and the CMAs are working under her nursing license. Mutual respect is essential.

"The CNAs and CMAs are a huge part of what we do," she said. "I can't do my job without them. They can't do their job without the nurses."

King said being self-motivated helps in her career because she also works independently at times. Knowing the components of what it takes to provide the best patient care cannot be dismissed when it comes to long-term care, she said.

"In all the hospitals, they have all the extra gadgets to kind of monitor what's going on. You have to be aware of what you're doing and know the signs and symptoms of what's going on -- even little minute changes," she said.

The CNAs and CMA's are often the eyes and ears for the nurses when they are away from their residents. So they are highly respected at Warr

Acres, she added.

"We have to listen to them as well. So it's just being able to work well with others also," King said.

King knows from her own experience as a CNA that communication is important. She is also a better nurse to have been a CNA and a CMA, she said. King empathizes with the needs of the CNA.

"As a nurse there is nothing that I won't do," she said. "If I'm at a stopping point and I'm capable of taking someone to the toilet or change their clothes -- that is still my job description even though I'm a nurse," King said. "And there are nurses that forget that. You know that is still our job description."

She works in both long-term and skilled nursing units of the nursing center and likes the variety.

"I actually like wound care a lot," she said.

So she plans to become a certified

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Kind-hearted, loyal, selfless, funny, giving and passionate are all words one could use to describe Brandon. He was your all American 16-year-old boy, starting on the Perry High School varsity baseball and football teams. Wakeboarding, water skiing and hunting were a few more of his passions.

Brendon will always be remembered for his big smile and his kind heart. He was a blessing to all of those around him during his short 16 years, and continues to be a blessing to those he gave the gift of life.

We continue to find comfort in Brendon's favorite Bible verse. "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go." Joshua 1:9

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*Brendon will
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his big smile and his kind heart.*



LifeShare



Shelby King says she likes the one-on-one care she is able to provide as an LPN and charge nurse at the Warr Acres Nursing Center.

wound care specialist. She is content with being an LPN but could go that route sometime in her career.

"I'm still debating," she said. "My mother says, 'Yes.' But I'm not a paper nurse and I like long-term care. Registered nurses in long-term care on the office side of nursing, and I enjoy being a floor nurse. I enjoy it. That's what I'm good at. That's what makes me happy."

King has experience in human resources and has been an assistant director of nursing but is happiest when interacting with her patients

whom she loves.

She likes to make the new residents feel at home when arriving at Warr Acres Nursing Center. The other residents also extend their greetings and support, she said.

She catches up on her sleep when she is not at work and when her children are at school. Beyond that, King enjoys gardening and taking her boys out.

"I spend a lot of time with my kids," she said. "On my time off I'm a homebody. Solitude doesn't bother me."

Oklahoma Project Woman Displays Perspectives of Hope Photography Exhibit at St. Anthony

Oklahoma Project Woman's Perspectives of Hope photography exhibit is on display in Oklahoma City, in the West entrance lobby of St. Anthony Hospital, 1000 N. Lee Avenue, through April 1st. Each of the 22 photos in the exhibit conveys a different individual's journey or experience with breast cancer. The exhibit is the result of generosity on the part of patients, survivors, donors, community volunteers, and staff who have all been touched by the mission of OPW. They offered their help to develop the direction of the project, shared their stories and their most private experiences through their pictures and words, and volunteered their time and talents to proof and refine the final product.

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Cancer Treatment Centers of America in Tulsa Achieves Clinical Recognition

Receives National Breast Center Re-Accreditation; Named One of the "Best Overall Patient-Rated Hospitals"

Cancer Treatment Centers of America (CTCA) in Tulsa recently garnered two clinical milestones with re-accreditation by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons, and being named one of the "Best Overall Patient-Rated Hospitals" in the country.

The Tulsa hospital received re-accreditation for meeting rigorous standards set forth by the NAPBC after undergoing an external evaluation of its performance and compliance standards. The Tulsa hospital serves cancer patients across all corners of

Oklahoma, as well as more than 37 states and the Virgin Islands.

"This accreditation illustrates that we are doing what the NAPBC and their experts around the country believe epitomizes excellence in the delivery of coordinated, multidisciplinary breast cancer care," said Dr. John Frame, breast surgeon at the Tulsa hospital.

The three-year accreditation is currently held by CTCA in Tulsa and only one other hospital in Oklahoma. It is a reflection of the CTCA commitment to patient-centered care, clinical excellence and outstanding follow-up services. NAPBC evaluators studied 17 different disciplines within



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the Tulsa breast program, including surgical protocols, nursing, quality improvement, plastic surgery and medical oncology.

A second clinical announcement raising the Tulsa hospital's profile was announced last month by Becker's Infection Control & Clinical Quality naming the "best overall patient-rated hospitals" based on data from the Hospital Compare website from April 2014 through March 2015. The recognition is based on hospital data for which 90 percent or more of patients gave an overall care rating of nine or 10 on the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey. CTCA in Tulsa received a score of 92 percent. Only three Oklahoma hospitals received 90 percent or higher and CTCA was the only Tulsa hospital listed.

"This recognition is a testament to the compassionate, responsive and innovative care our talented staff deliver to our patients every day," said

Denise Geuder, RN, MS, CNOR, VP of Patient Care Services and Chief Nursing Officer of CTCA in Tulsa.

Cancer Treatment Centers of America Global (CTCA), with headquarters in Boca Raton, Fla., is a national network of five hospitals that specialize in the treatment of patients fighting complex or advanced-stage cancer. CTCA offers an integrative approach to cancer treatment that combines surgery, radiation, and chemotherapy with nutritional counseling, naturopathic medicine, mind-body therapy, and spiritual support to enhance quality of life and minimize side effects during treatment. The company serves patients from around the world at hospitals located in Newnan, GA; Chicago, Philadelphia, Goodyear, AZ and Tulsa. Known for delivering the Mother Standard® of care and Patient Empowerment Medicine®, CTCA provides patients with comprehensive information about their treatment options so they can participate in their treatment decisions. For more information about CTCA, go to www.cancercenter.com, facebook.com/CancerCenter and twitter.com/CancerCenter.



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Centennial Hospice: Becky Johnson, Bereavement Coordinator 405-562-1211

Choice Home Health & Hospice: 405-879-3470

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Companion Hospice: Steve Hickey, Vol. Coordinator, Guthrie: 405-282-3980; Edmond: 405-341-9751

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Grace Hospice Foundation: Sharon Doty, Dir of Spec. Projects - Tulsa 918-744-7223

Harbor Light Hospice: Randy Pratt, Vol. Coordinator, 1009 N Meredian, Oklahoma City, OK 73107 405-949-1200

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Heavenly Hospice: Julie Myers, Coordinator 405-701-2536

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Hospice of Green Country: Tulsa: 918-747-2273, Claremore: 918-342-1222, Sapulpa: 918-224-7403

INTEGRIS Hospice, Inc. & the INTEGRIS Hospice House: Ruth Ann Frick, Vol. Coordinator, 405-848-8884

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

Humanity Hospice: Kay Cole, Vol. Coordinator 405-418-2530

InFinity Care of Tulsa: Spencer Brazeal, Vol. Director, 918-392-0800

Indian Territory Home Health & Hospice: 1-866-279-3975

Interim Healthcare Hospice: 405-848-3555

Image HealthCare : 6116 S. Memorial Tulsa, Ok. 74133 (918) 622-4799

LifeChoice Hospice: Christy Coppenbarger, RN, Executive Director. 405-842-0171

LifeSpring In-Home Care Network: Terry Boston, Volunteer and Bereavement Coordinator 405-801-3768

LifeLine Hospice: April Moon, RN Clinical Coordinator 405-222-2051

Mercy Hospice: Sandy Schuler, Vol. Coordinator, 405-486-8600

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One Health Home Health in Tulsa: 918-412-7200

Palliative Hospice: Janet Lowder, Seminole, & Sabrina Johnson, Durant, 800-648-1655

Physician's Choice Hospice: Tim Clausing, Vol. Coordinator 405-936-9433

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Seasons Hospice: Carolyn Miller, Vol. / Bereavement Coordinator, 918-745-0222

Sequoyah Memorial Hospice: Vernon Stone, D. Min. Chaplin, Vol. Coordinator, 918-774-1171

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Medical Center Receives the 2016 Women's Choice Award

INTEGRIS Baptist Medical Center has received the 2016 Women's Choice Award® as one of America's Best Hospitals for Patient Safety. This evidence-based designation is the only patient safety award that identifies the country's best health care institutions based on robust criteria that considers female patient satisfaction and clinical excellence.

The list of over 472 award winners, including INTEGRIS Baptist Medical Center, represents hospitals that have exceptional performance in limiting a wide range of hospital- associated infections and complications from surgery and medical treatment.

Hospitals that have earned this award have had a low incidence of problems arising from surgical errors and infections. The hospitals that report their frequency to The Centers for Medicare and Medicaid Services (CMS) are ranked for each of the following eleven measures:

1. Deaths among patients with serious treatable complications after surgery,
2. Collapsed lung due to medical treatment,
3. Serious blood clots after surgery,
4. A wound that splits open after surgery on the abdomen or pelvis,
5. Accidental cuts and tears from medical treatment,
6. Serious complications,
7. Central line-associated blood stream infections
8. Catheter-Associated Urinary Tract Infections
9. Surgical Site Infection from colon surgery
10. Methicillin-resistant Staphylococcus Aureus (MRSA) blood laboratory-identified events (bloodstream infections), and
11. Clostridium difficile (C.diff.) laboratory-identified events (intestinal infections).

Hospitals can be eliminated from consideration for the following reasons:

- Not reporting on at least 4 of the surgical complication measures (1-6) or 4 of the infection measures (7-11),
- Having a patient recommendation rating in the bottom 25% nationally,
- Receiving a CMS rating of "Worse than the U.S. National Rate" for any of the above measures
- Not implementing Safe Surgery Checklists.

For the remaining hospitals, the Women's Choice Award (WCA) averaged their rankings for all the measures (weighted slightly toward surgical errors as a result of the WCA's women's survey) and cut off the award list only including those that averaged in the top half nationally.

"We honor INTEGRIS Baptist Medical Center for being named and recognized as a hospital of choice among women, for it represents the strongest and most important consumer message in today's health care marketplace when considering that women account for 90% of all health care decisions. Improving patient safety is not only a matter of error prevention, it's a focused effort to create the safest patient experience." said Delia Passi, Founder and CEO of the Women's Choice Award.



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**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*

I have recently learned that I am a relationship addict. I refused to believe that people could become addicted to people, but I have all the symptoms and then some. I wanted to share some of the beliefs that are attached to women in an attempt to educate other addicts.

RELATIONSHIP ADDICTION AND WOMEN

A. Women traditionally have attached much greater significance and priority to relationships than men.

B. Women are often willing to make all kinds of sacrifices when the nurturance of the important emotional investment is threatened.

C. Society grants much lower status to relationships, emotional expression, nurturing and vulnerability than it does to individualism, self interest, toughness, measurable output and strength expressed as power over others.

D. Women's strengths (emotional expressions, nurturing) are seen as weaknesses.

E. Men have the technological, physical and financial power in our society that create a power imbalance.

F. This imbalance of power in male-female relationship creates a typical dominant-subordinate arrangement. Dominates do not consider subordinates as equals.

G. Dominants rely on power not negotiation to get what they want. (You may have heard the following belief: When a man says NO it is the end of the conversation, when a woman says NO it is the beginning of negotiation).

H. Subordinates depend on pleasing the dominate for survival, thus they learn as much as possible about the dominates in order to please them.

I. Women's dependence and subordination is reinforced as being normal. Much like depressed women are tolerated better by men than angry women.

J. This cause and effect connection between social climate and women wiring, creates a relationship addiction.

The good news about addiction recovery is that this faulty wiring can be re-wired with a healthy self-love that creates an opportunity for the addict to have a more balanced and functional relationship.

To Kill a Bacterium

Sharing knowledge is the motivation behind a new open access book just published by the University of Oklahoma Health Sciences Center and freely available online.

The book provides a detailed look at what is known about *Streptococcus pyogenes*, also known as Group A *Streptococcus*. The bacterium causes a wide range of infections and is responsible for diseases, including strep throat, scarlet fever, pharyngitis, impetigo, cellulitis, necrotizing fasciitis, toxic shock syndrome, rheumatic fever, and more. There are as many as 11,500 cases of invasive Group A Strep disease each year in the United States and more than 1,000 deaths, according to the Centers for Disease Control and Prevention.

The book aims to provide an up-to-date and comprehensive review of research on *Streptococcus pyogenes*, including its basic biology, epidemiology, genetics and pathways that facilitate group A streptococcal infections. It was the brainchild of Joseph J. Ferretti, Ph. D., researcher and professor of microbiology and immunology with the OU College of Medicine. Ferretti has worked in the area of *S. pyogenes* research for over 50 years and is known internationally for his research into the molecular and genetic processes by which the organism causes infection and become resistant to treatment.

"I personally have received more than 35 years of continuous support for my research from the NIH and other agencies. This is a way to share my knowledge and to thank the public for their support of my work," Ferretti said.

Ferretti is lead editor of the book, which covers *Streptococcus pyogenes* from A to Z. It is published online on the National Center for Biotechnology Information's Bookshelf.

"Scientists have an obligation to make their findings and knowledge available to the public, through both publication in journals and teaching. They can also assume a social responsibility to the public and the world by reaching out in new ways. The National Center for Biotechnology Information Bookshelf is a perfect way to do this," Ferretti said.

"There is no other book available that covers every single aspect of biology and medicine as it pertains to this pathogenic organism. This venue allows anyone worldwide with a computer to gain access to this information," he said.

Leading researchers from around the world contributed to the effort, *Streptococcus pyogenes: Basic Biology to Clinical Manifestations*, which took almost three years to complete.

Ferretti and co-editor Vincent Fischetti of Rockefeller University began by first identifying experts in the field on every topic connected to *Streptococcus pyogenes*, and then asking each to contribute to the book. It took more time to complete than originally thought, but Ferretti said he is pleased with the final result.

"This book represents a concerted effort by an international group of *S. pyogenes* researchers, who have generously provided their time and energy to present the current status of work in their own field of expertise," he said. "It also is a living document and can be updated at any time in the future."

Ferretti and colleagues hope the book will serve as a resource for the public, students, other researchers and clinicians, and that it ultimately will aid future work leading to better ways to treat and control the many diseases caused by this organism.

The book is available online at <http://www.ncbi.nlm.nih.gov/books/NBK333424/>

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Jennifer Mize, UA

I pick Bora Bora because it's pretty and in the middle of the ocean.



Emily Courts, RN

Each week we visit with health care professionals throughout the Metro



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Europe and I would take a month not a week.



Megan Daniel, RN

Jamaica. It's beautiful and full of color and life.



Sarah Camardo, RN

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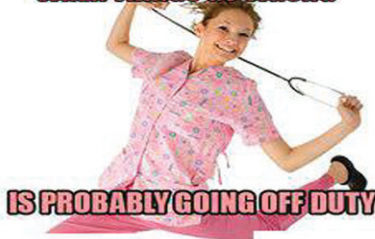


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