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## St. Anthony nurses meeting needs



photo by Bobby Anderson

Nurses at St. Anthony Healthplex Mustang have taken it upon themselves to go out into the community and provide wellness services.

by Bobby Anderson,  
Staff Writer

When St. Anthony Healthplex Mustang opened up its newest facility in Mustang more than a year ago nurses and staff didn't have to worry about getting plugged into the

community.

That's because the vast majority of staff were already Mustang residents.

And more than a year later that's translated into a wealth of services offered to Mustang residents at no charge.

And ask the nurses and they'll tell you it's just a matter of taking care of their own.

Tabitha Spiegel, RN, RNP lives in the Mustang area and is one of those nurses.

Now in her 13th year of nursing, Spiegel heard the news a couple years back St. Anthony would be coming to Mustang.

"I knew I wanted to work in the same community that I lived," Spiegel said. "I was recruited by multiple St. Anthony nurses

## Nurses to rally at the capitol

by Bobby Anderson, Staff Writer

Oklahoma's largest body of healthcare providers is set to visit the Oklahoma State Capitol on Tuesday as the Oklahoma Nurses Association holds its annual Nurses Day at the Capitol.

ONA encourages all nurses and nursing students to get involved in the legislative process by attending Nurses Day at the Capitol. The day begins with an informational session held at the National Cowboy and Western Heritage Museum in Oklahoma City, followed by an opportunity to go to the Capitol and talk with legislators.

You will have the opportunity to:

- Hear legislative experts, legislators and ONA's Lobbyist.
- Talk with legislators concerning the issues vital to ONA and the nursing profession
- Increase your awareness of the role nurses play in the political arena
- Voice your concerns regarding legislation affecting nursing practice, patient safety, preventive care and health education as well as Oklahoma's health status

Jane Nelson serves as the executive director of the Oklahoma Nurses Association. She says it's vital that nurses become involved in the legislative process if they want to have a say in the way healthcare is offered in our state.

"We want to see nurses out there working on issues that relate to nurses. Whether it's an LPN, RN or advanced practice nurse, they tell those stories the best," Nelson said.

As a professional organization, the Oklahoma Nurses Association is a community of nurses from all specialties and practice settings that empowers nurses to improve health care.

Each year, the ONA organizes a single day to arm nurses with the necessary information and give them the opportunity to discuss those issues with policy makers.



Jane Nelson, executive director of the Oklahoma Nurses Association.

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# MUSTANG

Continued from Page 1

who told me how amazing St. Anthony was. When that opportunity came it was just the whole package.”

"I met with someone from St. Anthony and I will never work for another institution ever again."

Spiegel is the manager for the emergency room and has been with St. Anthony for six years. She began as an ER nurse and then moved to charge nurse at the south Healthplex campus.

"I would say 75 percent of the nurses employed at this facility live within Mustang or the surrounding area," said Spiegel. "They already were familiar with the different churches, community center and just different opportunities here."

"Being here they're able to represent St. Anthony by continuing to participate in the community."

Spiegel said it was the nurses who insisted they would bring health and wellness to the community.

Nurses are working on the Mustang Makeover Challenge which provides a host of services to community residents.

Free blood pressure checks are

routinely given. Nurses also offer their knowledge at various nutrition classes relating to different medical diagnoses.

"The nurses decided when we first opened here with Mustang being a very small, family-oriented community they felt people didn't know what we had to offer," Spiegel said. "(The nurses) know how great we are and how amazing the services we have here at this facility are they felt like their neighbors were unaware what we could offer them."

"We all had a meeting and they came to me with the ideas of how they could interact with the community to make the community more aware of the opportunities here. They take it upon themselves to see if there are different events they can participate in."

That includes the various Mustang city events as well as smaller events.

"It's amazing. It's what a nurse is designed to do," Spiegel said.

"We're not just here for when you need us but we care about the health of our community and we care about preventing persons from having to come to the emergency room.

"We want them to know we're here if they need us but we're really big on preventative care and education and this gives them the opportunity to do this in their nursing role."

The Critical Care Transport team at St. Anthony also goes out into the community.

St. Anthony brings an ambulance to local daycares to answer questions, let the kids look inside the rig and teach them what a career in healthcare entails.

Residents can also come to the St. Anthony Healthplex every Thursday for free blood pressure checks.

In Spiegel's mind it's just another instance of St. Anthony nurses fulfilling their calling each and every day.

# Mercy Announces Expansion Plans in Oklahoma

With 16 hospitals and more than 80 clinics in Oklahoma, Mercy has announced plans to expand its outreach in the Sooner State.

"Mercy already has a strong presence in north Oklahoma City and Edmond," said Mercy Hospital regional president, Di Smalley. "We are ready to provide that same level of patient care to those in south Oklahoma City and the surrounding communities."

Leading that charge will be new chief administrative officer, David Whitaker, who has served as president and chief executive officer for Norman Regional Health System for the last 16 years. Before that, he served as the president and chief operating officer for United Regional Health Care System and Bethania Regional Health Care Center, both in Wichita Falls, Texas. Whitaker was recently elected incoming Association.

"I am excited to be part of Mercy's identity in Oklahoma City and in our state," Whitaker says. "I look forward to expanding the excellent care that so many depend on from Mercy."

Mercy already is well established in south Oklahoma City with the Oklahoma Heart Hospital, which opened at Interstate 240 and Sooner Road in January 2010. "We are always looking for ways to better care for and cater to our patients," Smalley said. "David Whitaker and our newly created south Oklahoma City division will be a wonderful addition."

"I am overjoyed to be a part of Mercy's award-winning team, and I am thrilled to be back in the Catholic health care ministry," Whitaker said.



New chief administrative officer, David Whitaker.



# Oklahoma City

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## NURSES

Continued from Page 1

ONA Executive Director Jane Nelson says nurses are always well received at the capitol and typically find the day very informative.

"Nurses are powerful political advocates because they are members of the most-trusted profession in the country," Nelson said. "With that comes a lot of power."

Each year the Oklahoma Nurses Association sets its legislative priorities. For 2016, ONA is focused on the following:

### Funding

Ensure adequate funding for vital health care related services, including direct care, disease prevention and health promotion. Shortfalls in health and behavioral health services will increase costs in other areas of the state's budget, and will lead to dire negative consequences for individuals, families, and communities, placing all at risk. When funding falls below critical levels, every other health priority for nurses is negatively impacted. Nursing is one of the few professions in Oklahoma providing care to our citizens from cradle to grave.

### Scope of Practice

Access to efficient, competent health care is supported when licensed Nursing professionals practice to the full extent of their scope of practice. Protection of the Nurses' Scope of Practice ensures the health and safety of every Oklahoman

### Public Health - Improving Oklahoma's Health Status

Improving Oklahoma's health status will improve the physical, emotional, and economic well being of the individual, the family, and the community.

### Education

Support only those educational proposals that do not put the emotional and physical well being of school children at risk.

Nursing education is an important and critical component in the development of Oklahoma's nursing workforce, but also in ensuring lifelong learning and continued competency for all nurses in Oklahoma.

Governance - Preserving the Board of Nursing's oversight and regulation of nursing practice.

Nursing is the largest group of healthcare providers; LPN, RN and APRN, each one with its own

unique scope of practice, is already a consolidated Board. Ensuring professional nursing oversight of this board provides for the critical health and safety of the public. This self-sustaining, non-appropriated Board contributes revenue to the state general fund while providing for efficient, focused regulation of the

nursing profession.

"This is a great opportunity to learn about legislative issues affecting nursing practice as well as how to advocate for those issues," Nelson said.

For more information contact the ONA at 405-840-3476 or go online to [www.oklahomanurses.org](http://www.oklahomanurses.org).

## Harold Hamm Diabetes Care SUMMIT date set

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The SUMMIT is presented by Harold Hamm Diabetes Center and co-provided by the University of Oklahoma College of Medicine and the OU Fran and Earl Ziegler College of Nursing. Up to 8.0 CEUs are available to qualifying participants.

The Summit will be held Friday, April 22nd, 2016 from 7:30 a.m. - 5:00 p.m. at the Embassy Suites Downtown/Medical Center, Oklahoma City, OK.

Details and registration at [www.haroldhamm.org/summit](http://www.haroldhamm.org/summit)

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In Loving Memory of Randy and Owen Eldridge and Gay Eldridge Hannan

## Nurses, let your voices be heard at the Capitol this Legislative Session!



### Opportunities include:

*Nurse of the Day*  
February 1st - May 27th



*Nurses Day at the Capitol*  
March 8th

Find more information and register at: [www.OklahomaNurses.org](http://www.OklahomaNurses.org).

## Oklahoma Nurses Association

1111 N Lee, Suite 243. Oklahoma City, OK 73103 | 405.840.3476

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# CAREERS IN NURSING

## QUALITIES OF A GREAT NURSE - RANCHWOOD NURSING CENTER

by Marsha Callahan LPN/Corporate Nurse Consultant

**There are many Nurses in this world, it's a profession that is needed and will always be needed. They care about their patients and they strive to and do provide good care.**

They chose the Nursing field because it offers job security in a world of uncertainty. There is nothing wrong with choosing a job that you feel secure in, a job that there will always be a need for, and that pays well. These Nurses are good at their jobs and I'm thankful they have chosen to go into this field. I want to write about those Nurses that have a calling for this line of work. To them it's not just a job, it's a fulfillment. They have the desire

to ease the pain and suffering of others, to bring a smile to the face of the depressed and help lift their spirits. To be the one that makes a difference in someone's life by being there for them when no one else is around. These Nurses are there to listen to their patients fears, they hold their hand and pray with them as they take their last breath. They are the Nurse that is always there to listen to the families concerns, not run the other way when they

see them approaching. They don't always leave the job behind when they clock out, they find themselves thinking about their patients at home, and wondering what else they could have done to help them.

One such Nurse that I have had the privilege of working with is Leslie Wafer. Presently she is working as the Director of Nursing at Ranchwood Nursing Center in Yukon. She oversees Nursing at a 150 bed facility that has a 5 star rating by the Federal Centers for Medicare and Medicaid Services. Leslie began her career in Nursing by getting her CNA license while still in high school. She worked at Ranchwood as a CNA and then obtained her CMA. She states that it was her parents that encouraged her to continue on in her career and in 2004 she received her LPN license. She married Rob Wafer in 2005, then started RN school which she completed and graduated

in December of 2006. She briefly worked as DON at Tuscany Village in 2009 before "coming back home" to be DON at Ranchwood Nursing Center. She attributes a lot of what she has learned about being a good Nurse from her company's Corporate Nurse, Tamara Meadows.

She has a very busy life being a wife and mother and juggling the schedules that come with raising three active boys, Kohen 9, Braxton 5 and Easton 4. As DON of a large facility she is on call all the time, and at times comes to the facility in the middle of the night, just to ensure the staff are doing their job. She takes pride in her job and strives on a daily basis to make her facility a Home, not just a dwelling place for the patients. She takes any complaints to heart and makes it a priority to resolve them. She is truly a living example of what Nursing is all about.


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Hance touched so many lives in his short 20 years. Skydiving and scuba-diving were ways Hance experienced some of the highest and deepest wonders of this world. He loved spending time with friends and family outdoors hiking, rock climbing, camping, biking, running and going to the lake. Hance was a proud Christian. He loved worshiping God through camps, as well as serving, ushering and even speaking at church.

Hance was attending the University of Utah on a full NROTC scholarship and was looking forward to serving our country, when his life was tragically taken by a drunk driver. His family knew that he would want to help others through organ donation.

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

**LifeShare**





Leslie Wafer, RN Director of Nursing at Ranchwood Nursing Center in Yukon.

# Cancer Institute Receives Award as one of America's Best

INTEGRIS Cancer Institute, a department of INTEGRIS Baptist Medical Center, has received the 2016 Women's Choice Award® as one of America's Best Hospitals for Cancer Care.

This evidence-based designation is the only cancer care award that identifies the country's best health care institutions based on robust criteria that considers female patient satisfaction, clinical excellence, and what women say they want from a hospital.

The list of 366 award winners, including INTEGRIS Cancer Institute, represents hospitals that have been accredited by the American College of Surgeons' Commission on Cancer, signifying INTEGRIS' commitment to meeting the highest standards in cancer care.

"It is an honor to receive such an award and testament to the outstanding work the INTEGRIS Cancer Institute team is committed to providing," said Phil Lance, president of INTEGRIS Cancer Institute. "It is important to us, to not only treat the disease, but it is also critical that we treat the whole person. Each patient, and family member, is considered the utmost importance when they allow us the privilege to care for them."

The 2016 America's Best Hospitals

for Cancer Care must have received accreditation from the American College of Surgeons Commission on Cancer as any of the following: a National Cancer Institute (NCI) Designated Comprehensive Cancer program, a Comprehensive Community Cancer Program, an Integrated Network Cancer Program, or an Academic Comprehensive Cancer Program. These selected hospitals were then give a score based on their patient recommendation rating from the Centers for Medicare and Medicaid Services' (CMS) Hospital Consumer Assessment for Healthcare Providers and Systems (HCAHPS) survey.

Additional criteria considered if a hospital offered on site chemotherapy, radiation or hospice, and cancer research activities. Hospitals were penalized for having high infection rates.

"Women have many choices when it comes to cancer care, but now they can make informed choices based on rigorous evidence based criteria. As a cancer survivor who faced a challenging journey to recovery, I wish I had the Women's Choice Award as a resource to spare me unnecessary fret and error," said Delia Passi, founder and chief executive officer of the Women's Choice Award.



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**We are looking for a part-time Nurse Practitioner to work 1 PM to 7 PM two or three days a week, although this is somewhat flexible.**

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The person we choose will have several years experience in office pediatrics, a collegial and team friendly attitude, and will genuinely enjoy children and families. Experience with EMR software is a plus. We take excellent care of our patients, value our colleagues, and enjoy our jobs. We offer competitive salary, full benefits for part time employees, including a 401k retirement plan, short term disability and life insurance, vision insurance, and paid vacation and holidays. 700 Wall St, Norman, OK 73069

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**We are accepting resumes for Licensed or Licensed**

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**Now Hiring Weekend Registered Nurse, Weekend Licensed Practical Nurse, Housekeeper, Cook And Dietary Aides.**

Apply in person, Broken Arrow Nursing Home. 424 N Date Ave, Broken Arrow, OK 74012

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Corn Heritage Village of Corn is now hiring for CNA's/ CMA's for evening and night shift. Competitive wages and benefits. Apply in person at 106 W Adams St, Corn, OK 73024.

#### 140 GENERAL NURSING

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Only candidates of interest will be contacted. Job Closing Date: March 22, 2016 EOE

**Now Hiring!! Full Time Certified Nurse Assistants - All Shifts, Restorative Aide, Activity Director**

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Springs Inc., 222 N Main St Sand Springs, OK 74063. 918-241-0236 TAKING APPLICATIONS FOR CNA's. Immediate openings. Apply in person: Broken Arrow Nursing Home 424 N Date Ave, Broken Arrow, OK 74012

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# Oklahoma's NURSING TIMES



# OBU Celebrates Dedication of World Class Nursing Facility

Oklahoma Baptist University hosted a dedication and ribbon cutting for its state-of-the-art nursing building, Jane E. and Nick K. Stavros Hall, in February. The 32,000-square-foot facility is the new home to the OBU College of Nursing and is designed to provide cutting-edge nursing education for both undergraduate and graduate-level students. Members of the University community, local leaders, members of the health care industry, and University Board of Trustees members as well as health care leaders were on hand for the ceremony.

Stavros Hall includes five classrooms, a 109-seat lecture hall and a computer classroom, as well as spaces for students to study, meet and interact with faculty. The facility features six 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 high-fidelity simulation labs are equipped with the industry's most advanced medical simulation solutions. They include lifelike human patient simulators that can blink, accept fluids,

and respond to a nurse's care. Instructors control the simulators and create changing symptoms for the students to respond to, ranging from fever, regurgitation, cardiac arrest, and more. The high-fidelity labs even include a birthing suite, with a simulator that "gives birth" to a simulated baby, passing through all stages of labor.

Dr. Will Smallwood, vice president for university advancement, welcomed guests to the ceremony. Nico Gomez, CEO of the Oklahoma Health Care Authority, offered the opening prayer. Dr. David W. Whitlock, president, and Dr. Lepaine McHenry, dean of the College of Nursing, both offered remarks.

In 2014, Nick Stavros provided the lead gift for construction of the new



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Pictured, Dr. Lepaine Henry, dean of the College of Nursing (center, with scissors); members of the Stavros family (left); Dr. David W. Whitlock, president (right); as well as many members of the University community; University Board of Trustees; current nursing students; and more were on hand for the ceremony. OBU photo by Bill Pope.



## HAPPY NURSES WEEK 2016

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facility for the OBU College of Nursing in honor of his late wife, Jane, who was the daughter of Victor C. Hurt, legendary OBU athletic director and football, basketball and track coach. The building is named in their honor. Members of the Stavros family also gave remarks during the ceremony, including Christina Stavros-Morton, Stephanie Stavros-Guinn and John Stavros.

In 1952, the Oklahoma State Board of Nursing granted OBU the approval for Oklahoma's first baccalaureate nursing program. The inaugural class of 11 students graduated in 1956.

OBU's nursing program now offers a Bachelor of Science in Nursing degree, a BSN completion degree for nurses with an associate degree, an LPN to BSN degree, and a Master of Science in Nursing degree with a focus in either nursing education or global nursing.

You can learn more about the College of Nursing by visiting the OBU website at [www.okbu.edu/nursing](http://www.okbu.edu/nursing). If you would like to share memories

associated with the College of Nursing, you can share those on social media using the hashtags #OBUNursing or #StavrosHall.

With campuses in Shawnee, Oklahoma, and Oklahoma City, OBU offers 10 bachelor's degrees with 88 fields of study and four master's degree programs. The Christian liberal arts university has an overall enrollment of 1,986, with students from 40 states and 35 other countries. OBU has been rated as one of the top 10 regional colleges in the West by U.S. News and World Report for 24 consecutive years and has been Oklahoma's highest rated regional college in the U.S. News rankings for 22 consecutive years. OBU is one of three universities in Oklahoma and the only private Oklahoma university listed on Great Value College's rankings of 50 Great Affordable Colleges in the Midwest. Forbes.com consistently ranks OBU as a top university in Oklahoma and the Princeton Review has named OBU one of the best colleges and universities in the western United States for 11 consecutive years.



Oklahoma’s Nursing Times  
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**Autumn Light Hospice:** 580-252-1266

**Carter Healthcare & Hospice:** OKC - OKC Pat McGowen, Vol Coordinator, 405-947-7705, ext. 134; Tulsa - Samantha Estes, Vol. Coordinator, 918-425-4000

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

**Choice Home Health & Hospice:** 405-879-3470

**Comforting Hands Hospice:** Bartlesville: 918-331-0003

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

**Compassionate Care Hospice:** Amy Legare, Bereavement/Vol. Coordinator, 405-948-4357

**Cornerstone Hospice:** Vicky Herrington, Vol. Coordinator, 918-641-5192

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**Heartland Hospice:** Shawnee: Vol. Coord. Karen Cleveland, 405-214-6442; Norman: Vol. Coord. Lisa Veauchamp, 405-579-8565

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

**Hope Hospice:** Bartlesville: 918-333-7700, Claremore: 918-343-0777 Owasso: 918-272-3060

**Hospice by Loving Care:** Connie McDivitt, Vol. Coordinator, 405-872-1515

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

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

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

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

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

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

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

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

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

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

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

**Mission Hospice L.L.C.:** 2525 NW Expressway, Ste. 312 OKC, OK 73112 405-848-3779

**Oklahoma Hospice Care:** 405-418-2659 Jennifer Forrester, Community Relations Director

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

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

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

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**PromiseCare Hospice:** Angela Shelton, LPN - Hospice Coordinator, Lawton: (580) 248-1405

**Quality Life Hospice:** 405 486-1357

**RoseRock Healthcare:** Audrey McCraw, Admin. 918-236-4866

**Ross Health Care:** Glenn LeBlanc, Norman, Chickasha; April Burrows, Enid; Vol. Coordinators, 580-213-3333

**Russell Murray Hospice:** Tambi Urias, Vol. Coordinator, 405-262-3088; Kingfisher 405-375-5015; Weatherford-580-774-2661

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

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

**Sooner Hospice, LLC:** Matt Ottis, Vol. Coordinator, 405-608-0555

Leading Nursing Journal  
Explores Health Effects on  
Women Who Consume Placenta

A growing number of women in the United States are choosing to consume their placentas after birth to achieve presumed physical and mental health benefits. However, strong scientific evidence to support these beneficial health claims is lacking, and the effect on women’s health is relatively unknown.

In “Consumption of the Placenta in the Postpartum Period,” Emily Hart Hayes, CNM, DNP, WHNP, explores the practice of placentophagy, or consumption of the placenta, and reviews evidence of the reported health benefits. Hayes’ article appears in the January/February 2016 issue of Journal of Obstetric, Gynecologic, & Neonatal Nursing (JOGNN) from the Association of Women’s Health, Obstetric and Neonatal Nurses (AWHONN).

Interestingly, almost all mammals consume their placentas; humans are one of the few exceptions. Women who do consume their placentas may have the raw or cooked placenta prepared for placement into capsules or they may swallow raw or frozen pieces whole or blend them with food or juice.

Proponents of placenta consumption claim it replenishes vital nutrients, such as iron, B vitamins, and hormones to improve symptoms of fatigue and postpartum depression in women. Other reported health benefits include improved mood, energy, and increased milk supply. In a survey of 189 women, 40% reported improved mood, 26% described increased energy and decreased fatigue, 15% believed they had improved lactation, and 7% reported decreased postpartum vaginal bleeding.

While more scientific research needs to be done to support these claims, evidence also suggests that the practice can pose serious health risks. By ingesting raw or improperly cooked/dried placental tissue, women can expose themselves to harmful toxins and increase their risk for infection. Since no state or federal regulations exist that address safety issues, placental tissue can become contaminated by unsafe handling. It can transmit diseases or dangerous pathogens, such as HIV or hepatitis virus.

Many women and their families are

unaware of the issues surrounding this practice. Given the rise of placenta consumption during the postpartum period, health care providers should be aware of the potential health benefits as well as the associated risks. They should also know how placentas are being prepared and consumed and understand how these options can affect women and their families.

“More research needs to be done to investigate the potential benefits and risks that may be associated with the practice of placentophagy,” said AWHONN CEO, Lynn Erdman, MN, RN, FAAN. “Nurses are in an excellent position to better counsel women so they can make informed decisions about consuming placenta.”

JOGNN, is an internationally ranked scientific and technical journal published bimonthly by the Association of Women’s Health, Obstetric and Neonatal Nurses. JOGNN is online at [jognn.awhonn.org](http://jognn.awhonn.org)

Since 1969, the AWHONN has been the foremost authority promoting the health of women and newborns and strengthening the nursing profession through the delivery of superior advocacy, research, education, and other professional and clinical resources. AWHONN represents the interests of 350,000 registered nurses working in women’s health, obstetric, and neonatal nursing across the United States. Learn more about AWHONN at [www.awhonn.org](http://www.awhonn.org).

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





**Vicki L Mayfield, M.Ed., R.N.,  
LMFT Marriage and Family  
Therapy Oklahoma City**  
*If you would like to send a  
question to Vicki, email us at  
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***Q. I recently had an epiphany during my therapy session. Love without respect is worthless. Why did it take me two failed marriages and a series of dating to finally get it?***

**A.** I think the fairy tale is more about falling in love. The movies are more about love. The commercials proclaim that "Love is in the air." Love is both wonderful and addicting.

But is it enough?

I think if love was enough the divorce rate would not be so high. There would be less couples in therapy. There might be less substance abuse and activity abuse. There might be less fighting.

Saying "I Love You" is easy. They can be the most beautiful words or the most damaging. The words by themselves with no respect attached are for the most part ..meaningless. It is sad that we have not made the connection sooner.

I have talked with many couples who are approaching divorce and still say they love each other. But they share MANY examples of disrespect. They love each other but do not like each other. When disrespect wipes out the relationship it takes a lot of work to repair it. Many of the resentments that develop are directly connected to lack of respect.

It is as if the two people "in love" become adversaries. If one of the partners does share that something is annoying and that person continues to do it .why wouldn't that person feel disrespected?

One good example is the following: Melanie and Rick shared in their counseling session that sex was rarely happening. Melanie stated she told Rick that she did not like him making advances while she was doing housework. She said if he would help get the chores completed then she would have sex. When they left therapy Rick said he would help out more and avoid his previous behaviors because he wanted physical intimacy with Melanie.

Two weeks later when they returned, Melanie shared that nothing had changed. Rick continued with his annoying behaviors and she did not want to have sex. Rick just shrugged his shoulders when asked why he disrespected his wife's request.

There has not been enough importance placed on respect. If there was more respect there would be less resentments. If Rick really cared about Melanie, then being attentive to what works for her would be more of a priority. We cannot meet every want and need of the person we love but I think we can tune in more to the necessity for respect.

# NICHE Publishes New Hospitals Reports

*Reports identify positive healthcare outcomes and innovative initiatives related to older adult hospital readmissions and length of stay*

NICHE (Nurses Improving Care for Healthsystem Elders) announces the release of two NICHE Hospitals Reports that identify positive outcomes and innovative initiatives at NICHE designated healthcare organizations related to older adult readmissions and length of stay (LOS). The reports are part of a series published by NICHE that can be downloaded at: [http://nicheprogram.org/niche\\_hospitals\\_report\\_series](http://nicheprogram.org/niche_hospitals_report_series).

## Readmissions Report

According to the Centers for Medicare & Medicaid Services (CMS), a readmission is defined as an admission to a hospital within 30 days of a discharge from the same or another hospital. The Affordable Care Act added a section to the Social Security Act establishing the Hospital Readmissions Reduction Program that requires CMS to reduce payments to hospitals with excess readmissions. According to the CMS, 78% of hospitals are financially penalized for readmissions.

Hospitals and their initiative results related to readmissions included in the reporting are:

- Mercy Health Saint Mary's Hospital, Grand Rapids, Mich. – Surveys conducted by the hospital showed a 42% reduction in readmission rates of chronic obstructive pulmonary disease patients, a 16% reduction in readmission rates of pneumonia patients, and a 31% reduction in readmission rates of myocardial infarction patients.

- Palmetto Health, Columbia, S.C. – Readmissions went from a high of 24.9% in 2013 to 11.5% in 2015.

- John C. Lincoln North Mountain Hospital, Phoenix, Ariz. – Over a ten-month period, none of the 17 congestive heart failure patients transferred to participating skilled nursing facilities were readmitted to the hospital.

- Bassett Healthcare Network, Little

Falls (N.Y.) Hospital – Readmission rates declined from 11.3% to 3.44%.

- South County Hospital Healthcare System, Wakefield, R.I. – Readmission rates declined from 22% in 2013 to 13% in 2014.

## Length of Stay Report

According to the Agency for Healthcare Research and Quality (AHRQ) Healthcare Cost And Utilization Project, in 2012 for adults over the age of 65 there were 12.7 million hospital stays in the United States, with an average LOS of 5.2 days. Length of stay reduction is a key driver for improvement. One of the intents of value-based purchasing is to reduce lengthy hospital stays.

Hospitals and their initiative results related to LOS included in the reporting are:

- Covenant Health, Chicago, Ill. – The hospital realized a 49.6% reduction in LOS.

- Carilion Roanoke (Va.) Memorial Hospital – Older adult patients had a shorter mean LOS (4.6 days compared to 5.3 days).

- ProMedica Toledo (Ohio) Hospital – This hospital reduced LOS from 5.54 to 3.94 days and saved \$600,000.

- Hunterdon Medical Center, Flemington, N.J. – This hospital realized a 17% decrease in LOS for intensive care unit patients with delirium.

- PinnacleHealth, Harrisburg, Pa. – LOS declined from 3.52 days to 2.75 days for older adult patients.

The initial report in the Hospitals Report series provides a summary of outcomes and initiatives from many care categories and healthcare settings. Earlier topical reports deal with delirium, dementia, function, operationalizing NICHE, safety, and transitions.





# NURSE + TALK

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

Who would you like to see become President of the United States? St. Anthony's - ER, Shawnee, OK

"I would like to see Ben Carson become President."



Lacie Ashby, RN

"Eddie Vedder, singer in the rock band Pearl Jam."



Derrick McAnally, RN

Each week we visit with health care professionals throughout the Metro



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"I would choose Bernie Sanders. Out of everyone, I like him the best."



Ryanne Heilaman, RN

"Ben Carson."



Marcus Nesmeyer, RN

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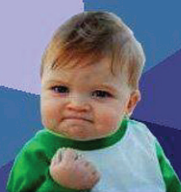
"You didn't do anything that made this happen, and you couldn't have done anything to prevent it."

99% of socks are single and you don't see them crying about it.

Which House Would You Choose?



END OF SHIFT



STILL HAVE MY PEN



Pro tip - keep cake moist by eating it in one sitting.

- **Incontinence** - pull ups, briefs, underpads, guard liners, washable underpads
- **Enteral Nutrition** - all brand and formulas of enteral nutritional products
- **Bathroom Safety** - Grab bar installation, shower sprayers, elevated toilet seats, shower chairs/benches
- **Full Line DME** - walkers, rollators, canes, quad canes, wheelchairs, hospital beds
- **Respiratory** - Home oxygen, cpap, portable systems, nebulizers
- **Aides to Daily Living** - reachers, pill minders, hip kits, cushions, pads

Medical Mart is a provider of medical supplies to the OHCA Advantage Waiver and DDSD programs.



**MEDICAL MART**

SCRUBS & MEDICAL EQUIPMENT

**405-360-4405**

623 N. Porter Ave., Suite 100. Norman, OK



**One night, she found the courage to leave.**

With backpacks, she and her kids took off on foot. From a friend's home, she called a **partner agency's** domestic violence shelter and their lives began to turn around. Then another **partner agency's** school for homeless kids added to their recovery story.



**We stand behind lives in crisis  
and behind the *promise* that  
across Central Oklahoma,  
desperate need will be met**

**StandUnitedOKC.com**

