

# National Nurses Week

May 6-12, 2017

To the organizations taking part in this year's very special section by showing appreciation for current and future nurses & expressing their gratitude~

**we salute you!**



AMERICAN NURSES ASSOCIATION

**Nursing: The Balance of  
Mind, Body, and Spirit**

Saying *Thanks* to those that care!

# Nursing: The Balance of Mind, Body and Spirit

## Nurses Week to Be Celebrated May 6-12

By Jane Nelson, CAE, ONA CEO

Every year, Nurses Week focuses attention on the diverse ways Oklahoma's almost 50,000 registered nurses work every day to improve the health of their patients. This year, "Nursing: The Balance of Mind, Body and Spirit" is the selected theme. When nurses are healthy, it ensures the delivery of quality health care to their patients, families and communities.

The week begins on May 6, RN Recognition Day, and ends on May 12, Florence Nightingale's birthday. Registered nurses around the country are encouraged to wear their "RN Pins" in honor of Nurses Week and RN Recognition Day.

The American Nurses Association (ANA) and the Oklahoma Nurses Association (ONA) have a long-standing commitment to ensuring the health and wellness of nurses in all settings. 2017 has been designated the "Year of the Healthy Nurse".

Registered nurses are on the frontlines of our health delivery system, providing care to millions of people. As the largest group of health care workers with 3.5 million RNs, nurses are critical to America's health care system. Their well being is fundamental to the health of our nation.

Health care delivery requires 24/7 support and the demands of shift work challenge the health of nurses. According to the Bureau of Labor Statistics, registered nurses have the fourth highest rate of injuries and illnesses that result in days away from work when compared with all other occupations.

To celebrate the "Year of the Healthy Nurse", ANA has launched the "Healthy Nurse, Healthy Nation Grand Challenge" to support nurses in their strive to be healthier. The Healthy Nurse, Healthy Nation Grand Challenge is a national movement, designed to improve the health of the nation's 3.6 million registered nurses. A Grand Challenge is a socially beneficial goal that addresses a systemic and embedded problem through collaboration and joint leadership. ONA has joined forces with ANA on this Grand Challenge.

The Healthy Nurse, Healthy Nation Grand Challenge will connect and engage individual nurses, employers of nurses, state nurse organizations, and specialty nurse associations to take action within five domains: physical activity, rest, nutrition, quality of life and safety.

It is our hope that Oklahoma nurses will take on the Healthy Nurse, Healthy Nation Grand Challenge. Nurses have a critical responsibility to uphold the highest level of quality and standards in their practice, including fostering a healthy lifestyle. Tools and resources are available on the ONA and ANA websites: [www.nursingworld.org](http://www.nursingworld.org).

So this week as you celebrate Nurses Week consider how you can make a difference in your life and in the life of your patients getting involved in the Health Nurse, Healthy Nation Grand Challenge

Officer-Jane Nelson, CAE was named the CEO of the Oklahoma Nurses Association in March 2002. She has more than 30 years of association management and marketing experience with a variety of organizations. She holds a bachelor's degree from Purdue University and a master's degree from Michigan State University.

Nelson is a member of the American Society of Association Executives and the Oklahoma Society of Association Executives.



ONA Executive Director Jane Nelson.

# School nurses answer the call



Cam Donnell, RN, is the Oklahoma City Public Schools Nurse of the Year and one of more than 30 nurses taking care of a 46,000-student population.

For nearly a decade Cam Donnell taught first grade in Oklahoma City Public Schools.

She enjoyed her time with the children immensely.

But when it was time to build a home and a family she stepped away from the classroom.

Five years went by and she knew she needed to get back into the workforce.

But the classroom wasn't calling her name this time, nursing was.

So Donnell decided to go back to school as a student, this time earning her ADN from

Redlands Community College.

And as her nursing career winds down, she's once again working with children as one of some 30 Oklahoma City Public Schools nurses.

May 10 is National School Nurse Day.

This year, Dave & Buster's will host Donnell and other OKCPS nurses at an appreciation celebration.

Sponsors Supermercados Morelos, Buy For Less, Capitol Hill Florist and Gifts and La Oxaquena Bakery have all

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## SCHOOL

Continued from Page 1

donated generously to honor the nurses who take care of nearly 46,000 metro school children daily.

But as a school nurse, every day is a celebration for Donnell.

"There's a lot of reasons," Donnell, RN, said of why she's nursing. "Maybe it's the interaction with people and the feeling you're making a difference and helping people, but also just the practicality of the diverse things you can do in nursing. There's so many different areas for the different seasons of your life.

"School nursing is a perfect fit for me in this season.

"That's why I went back into the school. It just kind of filled a void."

Her nursing career has taken her onto the cardiac floor at Deaconess. A change of pace brought her to hospice, which would prepare her for the loss of her mother and mother-in-law.

"I think it was meant to be that I did that," she acknowledges.

Long-term care, wound care and even nursing in her church's free clinic followed.

And then in 2012 there was school nursing.

"You get the benefit of the joy that children can bring," Donnell said. "They're so funny and endearing but you don't have the discipline that you would have in the classroom.

"Generally, when they come to the clinic they don't feel well. They're sweet and loving and you just get to love on them. It's fun.

"Most times it doesn't really feel like a job. It's like a great hobby."

Splitting time between Kaiser and Monroe elementary schools, Nurse Cam is a rockstar for these kids.

"That's the whole reason I do it," Donnell explained. "Maybe it's just the note I get that day

that says 'Thank you Nurse Cam for helping me.' I get those a lot. Or it's a picture of me and them holding hands.

"Or it's a little kid that comes in for a hug first thing in the morning - every single day. I think it's not really nursing for me anymore. It's about the relationships."

There's often a waiting line to get in to see Nurse Cam.

"It's like being a grandma - which I'm anxious to be but nobody is ready for me to do that yet," said Donnell, who's waiting on two daughters and a son to get things going. "They're coming at some point."

With Oklahoma City's year-round calendar she's afforded opportunities to hop on a plane and remind her kids she's still waiting. Eight weeks of summer break gives her plenty of time to make it to Seattle, Los Angeles and then Houston to check up on her own kids.

Two weeks in the spring, a couple in the fall and then three weeks for Christmas break also afford her nice breaks during the year.

"More and more as a school nurse we're really limited in treatments," Donnell said. "We can't give Tylenol anymore. I call it more like mommy nursing."

She plans on retiring from "mommy nursing" one day. She doesn't miss the hectic clinic schedule and certainly not the pace of the hospital floor.


But she will miss those handwritten notes from children whose day she's made a little brighter.

And to the parents of children staying home sick she has advice.

"I think parents have a lot on their plate. They're busy with work and financial obligations and they feel pressured to hurry back to work," Donnell said. "I would ask parents to enjoy that time with your kid when they're sick and sweet and needy because you don't get it back. They grow up so fast."

# Thank you Nurses

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# The Children's Center

Jessica Osterman, RN, is in love with her role at The Children's Center Rehabilitation Hospital in Bethany.

With a degree in human resources Jessica Osterman understands the influence the right person can have on an organization.

But it wasn't until she became a registered nurse she truly understood the power she possessed to better someone's life.

Osterman grew up in Yukon, earned her degree in human resources and immediately started on her master's.

It was during that process she interned at a local children's hospital.

What was going on all around her stirred something.

"That was what sparked my interest in nursing," Osterman said.

She recalled a friend who worked at The Children's Center Rehabilitation Hospital in Bethany during nursing school.

The feeling she had just wouldn't go away so she shifted gears and went back to school to earn her ADN at Redlands Community College.

It was after her first semester she decided to apply at the Children's Center Rehabilitation Hospital.

"Once I started here I knew this is what I wanted to do," Osterman said.

She dove right into direct patient care, helping some of the youngest patients with complex medical diagnoses.

"I think what's special and unique about what we do is you get to see kids when maybe they can't do anything for themselves and eventually by the

time they're going home they're doing all these awesome things," Osterman said.

Osterman celebrated her three-year Children's Center anniversary this past Friday.

Her human resources background has progressed her career to helping current and future staff.

She helps Children's Center employees advance their education from nursing assistant to LPN or RN.

She's also a regular at job fairs with her recruiter.

"I hope it makes them feel more confident in who we are bringing in," Osterman said of the message sent to staff. "I think it helps me stay focused on our main goal here and not just the fact we need someone to cover.

"I look for people who have a lot of compassion and they're passionate about children with special needs," Osterman continued. "We see lot of different cases so being open-minded is important."

Osterman's official title is now nursing human resources. She's found the best of both worlds.

When her calendar isn't filled she heads out onto the floor.

"I really love it," Osterman said. "I got into nursing for the patient care but I knew one day I wanted to use my HR background and do something more in administration. I just didn't think it would happen so fast. Being able to help on the floor and know

what our nurses need... I think that's really important."

The Children's Center Rehabilitation Hospital has made a difference for generations of families.

Its rich history dates back to 1898 when Mattie Mallory, the founder, felt God's call to help the orphans of Oklahoma City.

Through the years the mission has changed, but the primary focus on the well-being of children has always followed Mattie's basic principles based on faith, hope and love.

After operating The Oklahoma Orphanage at several locations downtown, Mattie moved the children to Bethany, Oklahoma in 1909 where The Children's Center, a private non-profit hospital serving children with complex medical and physical disabilities, thrives today.

In 1939, the orphans were moved to the Sunbeam Home in downtown Oklahoma City and the original orphanage changed its mission to a medical center for children with polio.

Today, The Children's Center Rehabilitation Hospital, a private non-profit hospital, offers 24-hour medical care, comprehensive rehabilitative therapies, respiratory care, and special education.

The hospital offers a wide range of medical services, rehabilitative care and social services to children with complex medical needs in long-term care (Complex Care), children in short-term

rehabilitation after experiencing trauma such as a brain or spinal cord injury (Pediatric Medical Rehabilitation Unit, PMRU), Sub-Acute Care, and thousands of outpatients through the hospital and The Children's Center Rehabilitation Hospital's Pediatric Clinic.

And every day, Osterman knows she has the power to change lives.



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# Change agent

There's an old saying that when talking to a manager you walk away feeling they are important.

But when you talk to a leader, that's when you feel like the important one.

As a nurse, it's hard not to leave AllianceHealth Midwest Chief Nursing Officer Joni Tiller's office feeling like you're on top of the world.

Maybe it's her easy smile coupled with the fact she possesses close to four decades of nursing experience.

Or maybe it's that she sits across from you dressed in scrubs and not a power suit and heels.

Whatever the reason, Tiller exudes confidence borne from an ability to exact positive change from wherever she's been planted.

For years, Tiller was the nurse called to help turn things around traveling from hospital to hospital.

As AllianceHealth Midwest's new CNO, the metro native finds herself called to simply continue a renaissance that's already in full swing in Midwest City.

"My style is very different and it's not a good or bad thing," Tiller said. "I believe in collaboration. I believe in (nurses) being part of the decision. I come from Magnet. Everything I've done is in a Magnet facility. That is my belief and that is who I am.

"I like to create a culture where nurses feel respected but they are part of helping to redesign how we do things, not somebody in an office telling them how to do things."

Tiller comes at a time when the 50-year-old hospital is regaining its reputation as the community's center of care.

In her career, Tiller has made a name for herself helping hospitals when they need it the most.

She's been to facilities that have had six CNO's in two years.

"For CNO's there's a tendency to turn over," Tiller admits. "I usually go in and create stability and help get culture back in line and make the nurses feel valued."

A little more than a month has gone by since Tiller came to AllianceHealth Midwest to serve in leadership.

Her predecessor made the decision to step away to take care

of aging parents.

What Tiller found when she moved in was a luxury she wasn't used to having.

"We have a wealth of resources available to us," Tiller said. "A lot of times when you're not part of a system you have to do it all within.

"The other thing that is real strong is the nursing leaders, the directors here I'm pretty impressed with. They function as a team - which I love. You don't always see that in organizations. You see a lot of disharmony.

"These guys help each other. They have each other's backs. They problem solve. It's a very cohesive, professional team and that's probably the No. 1 thing that stood out to me."

Getting out of the office and onto the floor showed her something else.

"I love it here. The people here I think they're the best-kept secret," Tiller said. "I don't think a lot of people know the true kindness, knowledge and expertise that's within this building. There's some good people."

That's what Tiller wants to build on. She knows the only way to convince the Midwest City community AllianceHealth Midwest is the place to go for care is to make sure the nurses feel like it's the best place to work.

"My job is to help them be able to do what they chose to do as a profession. We get so hung up in the rules and the regs and sometimes we lose sight of why we chose the profession. We chose the profession because we care about people and we want to take care of people. We get them in the hospital and it's so complicated.

"My job is to remove the obstacles, help them get back to what they enjoy doing and make them feel valued and respected."



AllianceHealth Midwest Chief Nursing Officer Joni Tiller, MA, BSN, RN, NEA-BC, FACHE, (middle) wants nurses like Donelle Wiu, RN, (left) and Shannon Carter, RN, to know she's got their back.

**AllianceHealth Midwest wants to Thank our nurses!**

**Thank you for your continued support and dedication!**

**Thank you for your positive attitude and willingness to grow and change with us!**

**Thank you for putting patients' needs first!**

**Thank you for everything you do!**



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AMERICAN NURSES ASSOCIATION

**Nursing: The Balance of Mind, Body, and Spirit**



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# Legacy of fine service



The Uniform Shoppe Oklahoma City staff. Left to right, Ericka Branham, Marsha Zwiebel, Shari Stallings and Jenna Dibble.



The Uniform Shoppe Tulsa staff. Left to right: Brittney, Amina, Stacey, Aaron, Renita, Jody, Kati.

The Uniform Shoppe has a long tradition of offering professional stylish medical uniforms that are up-to-date in style, said Jodi Weise-Gonzales, co-owner of the Uniform Shoppe, located in Tulsa and Oklahoma City. She and her parents own both stores. Jodi lives in Tulsa while Elaine and Albert Weise live in Oklahoma City.

Albert and Jodi Weise opened the Uniform Shoppe in Tulsa in 1962. The Uniform Shoppe is located in the Park Plaza Shopping Center at 6221 East 61st Street, just west of Sheridan in Tulsa; and in Oklahoma City at 10503 North May Avenue, between Hefner Road and Britton Road.

The Uniform Shoppe represents quite a few manufacturers while offering quality at the best price possible. It also offers personalized services such as monogramming and logos, Jody said.

The Uniform Shoppe continues to evolve into a better company for their customers. Jody and her mom recently attended the Uniform University in Dallas to network with the uniform industry around the U.S.

"We also network with other

## With locations in OKC and Tulsa, The Uniform Shoppe can make shopping convenient and affordable with all the latest brands.

uniform retailers and we share ideas on things we can do in our stores to offer our customers, and learn what merchandise is selling we might not have," Weiss said. "We share ideas like that to be better."

Everyone Jody knows in the uniform industry is community oriented and involved in the common good.

"We want our community to appreciate the fact that we are a local business and are trying to provide a service as well as a product they need," Jody said. "We want to keep our dollars in Oklahoma so our businesses and tax dollars will go to work for us."

Patients go to hospitals and clinics when they have a health care issue. They don't go on the Internet, she said.

"So we try to make sure our customers come into our stores to support our company like they do the medical community," Jody said.

This personalized positive experience allows clients to actually feel the comfort of touching the fabric they are purchasing that is not possible online.

"We're here. And many times also we have people running in at the last minute because they were supposed to be in uniform and they forgot," Jody said.

Jody said she feels fortunate that customers come to both stores. She loves seeing them again and working with them.

"We love the communication and rapport that we've established with a lot of our customers that are repeat customers," Jody said.

New people are always coming into the nursing field, and the Weise family is proud to provide them with a good experience. They appreciate everyone who walks through their doors.

"They support our business. We've been doing this for 55 years."

Most people can only wear one color. Reversible scrubs are also available for surgery.

"We try to find things in the color that our local nurses need in affordable and functional uniforms," Jody said.

The Uniform Shoppe also caters to a number of offices and keeps records of all customers they work with in order to know what their uniform program is at anytime for them." Nurses today want to look fashionable in ready-to-wear uniforms that are functional, Jody said. They combine fashion with function and fabric, Jody explained. Clients first want comfort, she added.

"Comfort is the No. 1 thing they want. Price falls really far down on the list. They want easy care," she said. "They don't want to have to struggle with their clothes all day. They want to look good.

Nurses are active and on their feet all day. She said it is amazing that they keep a positive attitude and a smile on their face with all the challenges they face in a day.

"We do have official hospital logos that we put on the uniforms they've purchased already," Jody said.

# Belief in a mission

## *St. Anthony nurses celebrate life*

Nurses at St. Anthony Hospital can touch lives in seconds. They share the warmth of spirit. It's home, it's family and belief in a mission.

So St. Anthony Hospital was the obvious choice for Jessie Lekites, RN, to return to after a brief career stay in Houston. She is part of a team of 1,219 nurses at the hospital as well as four healthplexes and Bone & Joint Hospital and not counting the Shawnee hospital campus.

As nurse manager of the medical surgical unit, she is also in charge of all of the activities St. Anthony Hospital is doing for National Nurses Week beginning May 1. She loves being an integral part of rewarding them for what they do every day.

"We do a gift for each nurse," Lekites said. "We usually do a day-long celebration where we give the opportunity for day shift and night shift to come in."

The nurse managers and the nurse appreciation committee are there from 7 a.m. to 7 p.m. so that everybody feels included.

"Mind Body Spirit" is the nationwide theme this year on a day that includes a few surprises.

"We try to connect those with how do we help our nurses in those ways," Lekites added. "We bring in our nurse practice part which is how to be a partner. And so we have some fun with props by writing down how they are partners with St. Anthony and with each other."

For a nurse with 12 years of experience, Lekites is not stagnant in her career but continues to embrace the opportunities presented to her at the midtown Oklahoma City hospital.

"I was in a manager role previously when I left St. Anthony. Instead of feeling the one being celebrated, it's nice now to celebrate those that work so hard, and make it the place someone would want to come back to after having been gone for two years" she said. "Out of all the other hospitals and institutions in the city, this is the one that felt right to come back to."

St. Anthony nurses have not only contributed to outstanding patient care, but have been part of a vibrant reemergence of midtown Oklahoma City. Saints has invested more than \$220 million since inventing a new campus plan in 2004.

Throughout this time, St. Anthony nurses have held tight core values of the nurse practice model.

"Being a partner, being responsible, being accountable – those are the things I feel nurses are to our patients, but also to each other," Lekites said.

St. Anthony is also a partner to the community as well, she said. "We're accountable for how we take care of our patients. Just the involvement and responsibility of that is a great one."

St. Anthony values are shared with the community through stewardship, Lekites said. You can see it. You can feel it when entering



Jessie Lekites is part of a vibrant group of nurses at St. Anthony Hospital dedicated to patient care and helping each other succeed.

the modern hospital campus.

"When I came here in 2005 it was very different," she continued.

Even in patient surveys St. Anthony receives, people will comment that they can feel that standard of excellence in the air.

"It's not a void when you walk in and no one is looking at you," Lekites said.

Everyone acknowledges every person in the building from the valet, to the Starbucks worker, and from someone who is coming in for a test to those who are ill or are dying.

Celebrating National Nurses week is also a celebration of the patients there. All of the joy continuing among the staff translates to optimal patient care at its finest.

"I think if you value your nurses and they feel they have a voice – I can see it on my unit with the nurses that it translates to patient care," Lekites said. "It goes with them giving managers feedback, and the managers using that feedback to provide better resources."

In-turn, it makes their jobs easier and it makes caring for patients easier and patients feel that, Lekites explained.

She said the amount of attention given to the voice of the nurse is felt throughout the hospital.

Lekites said she has not seen another group of nurses that cares so deeply about their patients, and not just them as a patient, but as a person.

"We have nurses that if a family member forgets something, they will drive to wherever, a patient's home or a nursing home," she noted.

It means a lot to the patients that someone would take the time to care.

Nurses lives are enriched by connecting with the patient in as little as a second, a day or in a month's stay.

"Those nurses, they really focus on how can I make this patient feel as appreciated and valued in this small amount of time."

They are able to develop that relationship because as the nursing staff meets a patient's needs, their stress also dissipates.

"You can develop a relationship very quickly," she said.





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# New Direction for patients

Anyone who has ever researched dialysis companies for themselves or a loved one knows the market is dominated by a pair of multinational corporations.

Those companies open their doors daily to hundreds of thousands of patients living their lives around a regimented treatment schedule.

As one of the last remaining independent dialysis companies in Oklahoma, New Direction Home Dialysis works around their patients, offering them choices in how they want to live their lives.

That means giving patients the freedom to receive their dialysis treatment in their own home.

"We don't want them to stress out," Administrator Leslie Whiles said. "We'll come to them. That's what we do."

Simply put, New Direction is driven by the patient.

Vikki Howe, RN, DON worked for both of those large dialysis companies before she met Whiles and came to work for New Direction.

"(Larger companies) are a lot more impersonal," Howe said. "You see your patient and you love your patient to a T but you don't know your upper bosses as much. You get policies and you don't understand as much as why you are doing what you are doing."

"With an independent company you are one-on-one with your bosses. You are involved in making policies. You are involved in the why."

The 'why' as it turns out is always what's best for the patient. Whiles wouldn't have it any other way.

New Direction trains the patient and/or their caregiver for eight weeks on how to properly dialyze at home.

"It's more private at their home," says New Direction's Dede Pickle, RN, BSN, CNN. "They get to determine their schedule so there's no appointment to go to."

New Direction staff will also go to a patient's home to draw their labs.

"They love it," Pickle said. "A lot of the patients are doing this because they can't go to an incenter facility but still need hemodialysis. Some of these patients are on a ventilator or they're just immobile or have no transportation back and forth."

"They just have some hurdles that prevent them from getting outpatient dialysis."

New Direction nurse Janie Wigley, RN, enjoys the fact New Direction travels to the patient.

Seeing patients in their home setting provides insights into how better help them manage their disease process.

For many patients who have traveled to dialysis centers three times a week for years, home hemodialysis is lifechanging.

"Patients think this is the only kind," Pickle said. "There's several



(Left to right) Vikki Howe, RN, DON, Janie Wigley, RN and Dede Pickle, RN, BSN, CNN and Crystal Lubahn (not pictured) help New Direction Home Dialysis patients live a fuller life.

options for the way you get for peritoneal dialysis.

dialysis. Patients need to know there are definite choices in what modalities they choose.

"I can't tell you how many times when I'm in a hospital doing acute dialysis and they are set up to do hemodialysis in an outpatient clinic and I mention peritoneal dialysis and they say 'What's that?' No one has even talked to them about it."

Consistency in quality care provided to patients is at the heart of New Direction Home Dialysis. The care provided is based on a comprehensive training program that highlights standards for care of the End Stage Renal Disease patient.

Their dedication to providing the highest quality outcomes for patients cannot be surpassed. New Direction nurses are available 24 hours-a-day, seven days-a-week.

The Dietary and Social Services Coordinator follows each patient to ensure they are able to make informed decisions regarding care.

Some patients who are younger and working are prime candidates

"There's no reason why they couldn't have more control," said Pickle, who also teaches CPR classes for the public and healthcare providers. "I'm a big advocate of peritoneal dialysis. It gives the patient a whole lot more."

In an effort to get the word out, New Directions stays active in the community. During the recent OKC Kidney Walk to promote awareness and research, Pickle raised more money than any other walker while New Directions raised the second-largest amount as a team for the event.

Pickle urged those patients who have had difficulty obtaining dialysis due to existing circumstances to contact New Directions to discuss their situation.

"I think because we are independent we are able to do more than bigger companies," Wigley said.

And that means giving patients a new direction in how they manage their disease.

# Nursing for success

## *Bradford Village values compassionate care*

Amanda Claire Nichols has something to celebrate. She has worked in geriatric care since she was a 16-year-old, said Nichols, LPN, unit manager of nursing at Bradford Village, located in Edmond.

"My grandmother was an RN. I love nursing and taking care of elderly people," Nichols said. "I was raised by the Golden Rule. You treat others how you want to be treated, and some day I'm going to be here."

Her grandmother helped to inspire Nichols' career. When she died Nichols was 17. Her nursing trajectory took off after that. She knew that she would become a nurse.

Nichols is a 2005 graduate of Platt College in Oklahoma City. And she has served the residents at Bradford Village for nearly two years.

"It feels great to give back because she went through a lot of health care crisis with her disease process," Nichols said. "She had pulmonary fibrosis. It just was an experience and I wanted to give back. I was already working as a nurse aide."

Every day, Nichols and the nursing staff at Bradford Village strives to give the best quality of care to the residents at Bradford as well as those in the skilled nursing unit.

"I like to make them happy. Even if it's a simple smile. It goes so far," Nichols said.

She loves everything about the residents, even if it is something little, she said. Teamwork among the nursing staff magnifies the love throughout the facility. It helps spread the sunshine.

"We have a saying and they call me the cheerleader. We say 'Teamwork makes the dream work,'" Nichols said.

She has had a lot of family members tell her they cannot thank her enough for the exemplary care she provides their loved ones.

"That's always stuck with me and made me want to better," she said of setting an example for all the nursing staff.

"I try to show them when I go out on the floor that we're a team. We can get this done and make the residents happy. It's all about customer service. Let's get it done properly. Let's make it the best we can," said Nichols, who plans to study for her bachelor's degree in nursing.

Her values in life come from her parents -- a registered nurse and a firefighter. Nichols said she couldn't have been blessed better in her life. They always told her, "Share the wealth. A smile is better than a frown. Turn that frown upside down."

Nichols is amazed how far a positive attitude spreads in life "Everybody else becomes positive like sunshine. And if feels good," she said.

Nichols only tries harder when there is a challenge. Negativity is like wildfire, she continued. She tells the staff, "There's no problem we can't figure out. Remember the good people make our success. Let's look for the good. Let's fix this problem."

Along with her grandmother, she also credits her mother's values as a nurse for inspiring her career.

Adapting to living in a nursing home can be a challenge for some people when they have lived independently for many years.

"I always thought it was neat that they could help people," Nichols said. "It's such a rewarding job. Even my dad being a firefighter - he teaches fire rescue classes now since he retired."

Nichols said she has found a team of leaders coming together to build success.

"I love the Brookdale saying, 'Take pride in ownership of everything you do,'" Nichols said.



Amanda Claire Nichols, LPN, unit manager at Bradford Village says she values teamwork and the residents she serves.



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# Improving Oklahoma nursing

## *Kramer School of Nursing continues excellence*

Kramer School of Nursing at Oklahoma City University has embarked on a major project, said Lois Salmeron, EdD, RN, MS, CNE, ANEF, Dean and Professor, Kramer School of Nursing at Oklahoma City University. Oklahoma law is changing to allow 30 percent of prescribed, directed clinical experience in a simulation center be allowed for clinical practice.

"We have now embarked upon a campaign to raise \$2 million to remodel our east end of Kramer School West, the one story building into a simulation center," Salmeron said. "If we can get \$1.1 million of that committed by the end of May then we can move forward with remodeling by summer so we can be ready to go in the fall."

Kramer has two skills labs in its newer building and one skills lab in the west building. But they are being used by the cohorts that are teaching curriculum at Kramer.

"This will be specifically devoted to simulation. And that's what we want to do," Salmeron said. "We will have a simulation center that will have all the components to allow all the clinical hours to be counted as guided under rules and regulations of the Oklahoma Board of Nursing."

Salmeron has been working with the Kramer Advancement Group to raise the money. They are actively seeking sponsors and donors to do this.

"We welcome anybody to give a contribution to the center," Salmeron said. "I'd be glad to talk to anybody about it."

A testing center will be in the west facility as well. This will involve preadmission testing and national testing to see how students perform in courses. By having a testing center will allow the students to bring their laptops to connect.

It will do away with some of the last minute challenges students encounter when trying to take their tests, Salmeron noted.

One of the areas being remodeled there will have a center to be able to teach home skills.

"So many patients are being taken

care in the home now," she said. "So it will be part of hospice care, long-term health care. We'll really have a place to do that here. It's going to be like a home setting."

Kramer recently completed a visit by Accrediting Commission of Nursing Education, a national accrediting body.

"If you have full accreditation, every eight years they come and visit," she said. "There was a team of six that came in March looking at our master's program and out DNP program."

The preliminary report is that Kramer School of Nursing has achieved all the standards of the criteria. There are two more layers of review expected. The review panel will come in June and the Board of Commissioners will come in July.

"We'll know by August if they will grant us the full eight years of accreditation," Salmeron said. "And we will know the result. That's a big deal. It takes so much work to get ready for that."

Salmeron said the course of hard work has been a personal enrichment for her career.


In 2001 the Kramer School of Nursing had a very small group of graduates. They didn't do well with their board examinations. The Board of Nursing was on the doorsteps of Kramer inquiring why.

All of that changed during the next 10 years with the service of former Dean Marvel Williamson. Today, Kramer School of Nursing has exploded with a student population of nearly 500. There are 28 full-time faculty members in all levels. Two faculty are at the Duncan campus. One of the faculty members on the OCU campus is serving as the program coordinator for the Duncan initiative. Duncan Regional Hospital, approached Salmeron about bringing its general baccalaureate program to Duncan. Approval by necessary entities was granted, and a cohort with 15 students commenced studies last August at the Duncan Regional Hospital Education Center.

"We deliver that curriculum live through Synchronoss Polycom Technology," Salmeron said.



Dean Lois Salmeron of the Kramer School of Nursing says the school is accepting donations to remodel its east end of Kramer School West into a simulation center.



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# Heartland CPR caters to nurses

Devin Davis grew up with the medical field all around him.

His grandmother recently retired from nursing. His stepdad is an EMS Chief and his mother's Heartland CPR business focuses on teaching people how to save lives.

And when he finally decided to join the family business he found something he never expected.

Not only did he enjoy teaching, he enjoyed what he was teaching.

"I like to make sure people understand the science behind it," Davis said of the CPR classes he teaches. "You'd be shocked at how many people who don't understand - especially ones first going into EMT or nursing school - the basic principles of CPR and what we're actually doing. They know how to do it, they just don't know we're trying to fill that heart up with blood and pump that oxygenated blood into the brain and then back down to the heart."

By limiting class sizes, minimizing test anxiety, and taking every opportunity to exceed the expectations of customers, Heartland CPR engages participants with a fresh approach to training.

It's why the business has such a huge following in the medical field.

Flexibility has always been the cornerstone of Heartland's business model.

"A lot of hospitals don't take into account their nurses' schedules," Davis said. "We get a lot of run-off from nurses trying really hard to get into a class in the hospital but they don't work with their schedule or the mannequins are old and hurt their hands.

"They come to us and we serve a lot of them."

Whether it's a customer's first class or 50th, Davis knows there is always something more that can be learned. When it comes to required certification training, boredom shouldn't be the norm and laughing shouldn't be outlawed.

Davis began in the family business in the back office, working on the company's website design and marketing.

He quickly migrated out into the field.

He's learned how to tweak his message to a broad audience with Heartland offering classes for 18-year-olds to 80-year-olds.

The Davis family has built Heartland CPR into a successful business that revolves around providing life-saving skills in a fun, friendly environment.

Heartland CPR offers courses in CPR, AED, First Aid, Basic Life Support (BLS) for Healthcare Providers, Advanced Cardiovascular Life Support (ACLS), Pediatric Advanced Life Support (PALS) as well as the addition of Pet First Aid + CPR.

Flexibility and customer service drive Heartland.

Devin's mother, Ginger, coordinates with individual travel nurses and travel nursing agencies who appreciate that Heartland provides training in multiple disciplines in a single weekend, and even have arranged with a nearby luxury hotel which offers discount accommodations to out-of-town overnight customers.

But that's what Heartland specializes in, getting medical professionals the training and documentation they need when they need it.

One in-demand course is the S.T.A.T. program which stands for Sequentially Timed Accelerated Training. Nurses can renew the entire BLS, ACLS and PALS certification suite in a weekend.

Despite the demand, classes are limited to 10 people each.

It's a Heartland tenet to ensure the quality of the training and the ability for students to ask questions and truly grasp the material.

To keep up, Heartland simply adds more classes. And the company's ability to deliver training wherever the client needs it has made Heartland a nurse favorite.

From doctors to dental assistants to oil field companies, Heartland can put together a training package that fits the need.

The nimble model recently earned Ginger Davis an invitation to participate in the 2017 Emerging Leader's Program sponsored by the US Small Business Administration Oklahoma District Office.

This intense program runs from



Devin Davis is continuing the family business at Heartland CPR which allows nurses to keep their skills certifications up to date.

April to October 2017 with applicants selected based on leadership, entrepreneurial skills, and solid business success.

Heartland CPR is also a recipient of the Better Business Bureau's International Torch Award.

Presented annually since 1996, the International Torch Awards for Ethics honors companies who demonstrate best practices in leadership, character and high standards of organizational.

For the Davises, that's just what a family business looks like.

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# OU Nursing School Offers New Maternity Program

Nurses are drawn to particular specialties — one might want to work in pediatrics, others the challenging field of oncology, still others love the fast pace of the emergency room. Many nursing professionals go through career stages, changing their focus throughout the years.

An ever-expanding field needing dedicated nurses involves maternity education and coaches. That's where a new program offered by University of Oklahoma Health Sciences Center Fran and Earl Ziegler College of Nursing's Care Management program comes in.

It's called Maternity Coaching and Education. Nursing teams will provide coaching services and education individually tailored to each individual, offering support to clients in their communications with health care providers — and helping them to determine the best educational programs.

"The focus is on the client and personalized according to what is most important to her, said Margaret Beck, RN RLC, ANLC and care management consultant." "The tailored plans and education materials prepare the client to anticipate changes and to minimize the stress of transitioning through the stages of pregnancy and the '4th Trimester' of life with a new baby."

The program will benefit pregnant women and expectant parents, as well as anyone feeling overwhelmed or uncertain about maternity health-related issues. Women and men working through the transition back to work and adoptive parents or grandparents caring for their grandchildren can also find support, guidance and assistance, Back said. While the program is not a substitute for a doctor, midwife, lactation consultant, childbirth educator, therapist or doula, however, it will make resources like that accessible, Back said. It also offers Bump & Beyond Bundles, as well as a la carte options, all designed for flexibility and to address the changing needs of individuals and families both during pregnancy and after childbirth.

"I am very excited about the opportunity to share the knowledge I

have acquired in the last 12 years as a maternal newborn nurse," a maternity coach for the program, Ellie Standerfer, RNC-MNN, said. "I truly enjoy helping expectant mothers and new parents navigate through the exciting but sometimes overwhelming transition to parenthood and newborn care," states Ellie Standerfer, RNC-MNN, maternity coach for the program.

Ziegler's new maternity coaching program reflects changes the nursing profession has seen throughout the years, Back said. "I have sincere respect for the nursing profession and I have seen many changes in the profession and the development of new 'specialty' areas in my 50 years as an RN," she said. "It is great to welcome this new opportunity for patient care and I am proud for that Maternity Coaching and Education Program to be available right here in Oklahoma."

OU Nursing Care Management Program, founded in 1995, is a team of health care professionals providing care management, coordination and care management for individuals across the spectrum, assisting them with disease management, chronic conditions or other health care challenges or needs.

"Our program utilizes evidence-based practices and serves a variety of individuals including participants receiving services from the Oklahoma Department of Human Services and the Oklahoma Health Care Authority along with private care management clients," said Teri Round, MS, BSN, RN, NE-BC, OU College of Nursing executive director of clinical operations.

Standerfer will join with OU College of Nursing faculty Stephanie Marfurt, PhD, RN, Kathryn Konrad, MS, RNC-OB, LCCE, FACCE, and Michelle Garrison, MS, RNC-OB on May 31 for a free panel discussion entitled Maternity Health: What Families Need to Know at the OU College of Nursing. The panel will be held at 5:30 p.m. in Oklahoma City. For more information about Maternity Coaching and Education program or additional details about the panel discussion, contact Lisa Macias at [lismaacias@ouhsc.edu](mailto:lismaacias@ouhsc.edu).



University of Oklahoma Health Sciences Center Fran and Earl Ziegler College of Nursing's Care Management program is offering a new Maternity Coaching and Education session and will offer a May 31 panel discussion, Maternity Health: what Families Need to Know.

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# The Power of Grace

**P**ictures of Grace Living Center nurses ring Amber Nowling's Oklahoma City office.

Each one holds a special place in her heart.

As the Clinical Services Director, it's Nowling's job to ensure clinical excellence throughout the Grace framework.

But on each independent center's journey to five-star excellence, Nowling, RN, understands it's the nurses and staff who see that mission through.

That's why the focus on staff is paramount.

"If you don't care for yourself you certainly can't care for others," Nowling said. "People have to have their basic needs met to meet the needs of others. If we don't recognize that we're missing the mark."

Nowling began her career with Grace as a nurse aide while at Buffalo High School. After college she stayed as a registered nurse while earning her administrator's license.

She something that she just couldn't let go.

"The home-like environment and the fact they are just so faith and family-oriented," Nowling said of what's kept her in place for more than 20 years. "They really just embrace you and care about you. If it's a problem you're having we always manage to find a way to solve it together. I just feel like it's important you really should treat others the way you want to be treated.

"This company has always done that." Every step of the way she felt Grace's support behind her. It's the reason she's stayed.

That focus is carried through all employees and exemplified by Grace's recent Nurse of the Year honoree, Bregett Conway, LPN, who works in Chickasha.

Developed in 2011 by an internal task force drawn from homes throughout Oklahoma and representing the major disciplines of Grace's work, the Grace 12 concept reflects invaluable years of expertise, keen insights and known challenges.

Nowling recognizes true culture change takes time, dedication and perseverance so the Grace 12 Service Standards for Excellence are another way Grace Living Centers demonstrates commitment to serving people with compassion and dignity.

The Grace 12 includes:

1. Our Mission: The mission is the principle belief of our company. It must be known, owned and demonstrated by all.
2. Our Vision: The vision is the measure of our excellence. It's everyone's responsibility to know it and achieve it.
3. Our Values: As professionals, we will uphold our values: R.E.S.P.E.C.T. These values will be used in every interaction to ensure satisfaction, retention and loyalty.
4. Our Motto: We are a family of professionals who are guests within the resident's home. This will be honored by all employees.
5. Empowerment: Each employee is empowered to support and promote a resident centered environment.
6. Ownership: Never allow an issue to go unresolved. All employees should constantly strive to achieve continuity of care or services, addressing and resolving any issues to the satisfaction of our residents, their families and each other.
7. Cleanliness: Superior levels of cleanliness are the responsibility of every employee.
8. Be Positive: Remember, we're guests. SMILE - a positive attitude is everything. Dress appropriately, use proper vocabulary, greet and escort every guest and make positive eye contact. All eyes are on you.
9. Phone Friendly: Use proper telephone etiquette. Answer the phone promptly. Talk with a smile. Don't leave people on hold. If you answer it, you own it. No personal cell phone use while on duty.
10. Safety First: Every employee is responsible for creating a safe, secure and accident-free environment for all residents, visitors and each other.
11. Stewardship: Take pride in and protect our resident's home and personal property. Conserve energy; properly maintain equipment and the environment.
12. Ambassadorship: We are AMBASSADORS of GRACE inside and outside



Amber Nowling, RN, clinical services director, has been with Grace Living Centers since high school.

of the workplace. We will do all we can, all the time, to ensure that our residents and their families would recommend us to the community. We have a heart to admit and welcome growth.

"I've been given so many special abilities to influence people working with Grace and growing up with Grace I can't imagine (being anywhere else)," Nowling said.

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# Sooner Acute nurses answer the call

It's 6 a.m. and Sooner Acute Dialysis Administrator Leslie Whiles is on the phone "directing traffic."

Coordinating inpatient dialysis treatment for patients across multiple health care facilities, Whiles starts mornings early and finishes days late.

But she doesn't mind, especially when she's sending nurses like Scott Willis, RN, out on the floor.

Willis has worked for Sooner Acute for six of his 15 years as a nurse. A favorite on the floor and always with a huge smile, the former EMT comes to patients' rescue each and every day.

"Being there for the patient. We perform such an important role in patient care," Willis said, recently before starting his day at Norman Regional Health System. "When their kidney functions are down or obsolete I feel dialysis improves their overall outcomes.

"In dialysis it's one of the most important functions in healthcare. We have immediate results. Within a day we can show results."

That's why Sooner Acute is such a vital partner for health care providers across the state.

Whiles said the dialysis program grew from a rising demand for dialysis services at hospitals and acute care facilities.

Sooner Acute services facilities who outsource their dialysis programs - both inner city and rural hospitals.

The Acute Dialysis market is dominated by a few larger players who mainly specialize in Chronic Dialysis.

That's why there's a demand for an independent, more flexible company specializing only in Acute Dialysis.

Local and independent since 2009, Sooner Acute isn't affiliated with any chronic dialysis companies nor does it answer to board of directors concerned about profit margins and stock prices.

The result is a high-quality, service-oriented company focused on the patient.

Being an inpatient acute dialysis program, Sooner Acute's on-call nurses can respond to after-hours urgent/stat cases. While routine dialysis treatments can be arranged for any time during the patient's inpatient stay, Sooner Acute focuses on staffing client hospitals to provide services as needed, around the clock, without hidden fees - just one set fee per treatment. This has proven to be very cost efficient to the hospitals they service.

Since opening, the Joint Commission, VHA, and the Oklahoma Department of Health has inspected and passed the Sooner Acute Dialysis program with no deficiency and 100% compliance.

"Our stable, local nursing staff, managers, medical directors and support staff have a long history of working in the acute dialysis field,"



Leslie Whiles (right) and her staff at Sooner Acute Dialysis make sure patients can still receive dialysis even if they're in the hospital.

While says.

Sooner Acute Dialysis Services' comprehensive services to hospital clients includes:

- \* **Inpatient Hemodialysis**
- \* **Inpatient Peritoneal Dialysis**
- \* **C.R.R.T.**
- \* **Biomedical Services for Hemodialysis**

Only well-trained, competent and fully qualified registered nurses and licensed hemodialysis technicians make up the Sooner Acute Dialysis Services team. All members are licensed and qualified to perform hemodialysis treatments within the acute hospital setting.

It was this type of setting Willis was looking for when he was a paramedic.

He longed for more patient care and his wife, an LPN at the time, gave him the nudge when he needed it to go to nursing school.

Once he graduated he went straight into trauma care but his experience with plasmapheresis led into dialysis, which led him to Whiles.

His career prospects suddenly changed.

"The autonomy you have and the docs we have here are great," Willis said. "We have a lot of standing orders."

"(Patients are often) pretty much scared. It's too much information all at once. Nine out of 10 times we have to get dialysis done now."

While he's getting the equipment ready, Willis takes the time to get to know his patients. He's with them for the next three to four hours and wants them to know what's ahead.

And there are many days Willis has a full patient load but large fluctuations in patient volume are no problem.

That's why Whiles is up early each morning directing traffic.

And with most of Sooner Acute's dialysis staff cross-orienting at multiple hospitals there's always someone like Willis there to meet the need.

# Nurses thrive the Carter Way

Karen Stowers, RN, has worn many hats during her 12 years with Carter Healthcare.

Years ago she opened a new office in Ardmore as a clinical coordinator. She's been at the bedside and in the boardroom.

"I've done everything here," she jokes.

Along the way she was the assistant director of nursing before she accepted the director of nursing role three years ago.

She laughs at her longevity and smiles when asked the reason behind it.

"Because I believe in the mission of the company and I believe in Stan Carter," Stowers said, referencing the company's founder and president.

Stowers began her nursing career in the trenches in the ER. She was a S.A.N.E nurse for a number of years.

Her passion was always helping the most vulnerable.

"As you age a little bit you start seeing where you can have the biggest impact," she said. "Coming to the geriatric population I fell in love with it. I'll retire from here."

A little over a decade ago was when she met Stan Carter and fell in love with the Carter Way.

"We expect them to have an impact on these patients' lives," Stowers said of her nurses. "We're in the home to keep them at home and as healthy as possible. I don't need a nurse who wants to run in and take vital signs and leave. I need a nurse who wants to go out there and make an impact."

Stowers unfolds to each new hire the depth of the impact they can have on their patients while in their homes.

Like many many Carter employees, that mission is intensely person.

Stowers made sure her own parents were cared for by Carter nurses when they needed it.

"(Carter) is why I get to keep her in her own home," she said. "You

want to help them stay as functional within their limitations within their home as long as possible. If you can do that for someone, looking what you've accomplished."

Human Resources Manager Sarah Fite only trusted Carter staff with her parents.

That staff has blossomed to nearly 1,000 employees in seven - soon to be eight - states.

## UNMATCHED TRAINING

No matter where they will work across the country, Carter nurses are housed in OKC for a week of orientation and EMR training before they work with patients.

"Then they go back to their home office for precepting," Stowers said. "We like for them to ride with another nurse for a couple weeks."

A fully-staffed education department is available nurses to call from the field with any questions.

"We think we have a great support system. It takes every one of us to do that," Stowers said.

And each nurse gets the opportunity to meet Stan Carter and shake his hand before they begin.

"I think they are all very much aware of his philosophy of the care we provide," Stowers said. "We look at it as though we're caring for our own mother."

"You'll have staff nurses that maybe don't buy into that, but they don't last long here."

At Carter Healthcare, helping people live better lives is not only the mission, it is intertwined with the culture and way of conducting business.

It is the principle on which this company was built and founded.

Helping People Live Better Lives is a simple phrase but its all-encompassing meaning is what Carter employees strive to accomplish for of all the people whose lives they affect.

The mantra is lived out by providing patients with quality, outcomes-driven



(Left) Karen Stowers, RN and Sarah Fite, human resources says employees are the lifeblood of Carter Healthcare's mission.

care and by fostering an informed, encouraging atmosphere and assistive culture for employees.

Stowers says this supportive system not only enables employees to provide optimal patient care but to draw

energy from it.

"We value them, we support them and - more than anything - we appreciate them," Stowers said. "I don't think it ever hurts to tell somebody as a group that they're appreciated."




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# MNTC offers students a career

It was a little more than a decade ago when Wendy Perry, MED, LPC discovered the impact Oklahoma's CareerTech system could have on people.

As a career counselor she had the the unique opportunity to offer students - from high school to non-traditional - a pathway to a career that would not only improve their lives but the lives of others.

Now the Assistant Director of Health Careers at Moore Norman Technology Center (MNTC), Perry proudly continues that mission helping students advance in the medical field.

"I love Moore Norman Technology Center," Perry said. "CareerTech just does a great job of working with students and bringing learning rigor and interest together so students are engaged and also gives them a pathway for being successful."

With a mission to provide a quality workforce for industries in our state, MNTC accomplishes that by offering students multiple pathways to success.

## LONG-TERM SUCCESS

Long-term programs offer in-depth instruction to prepare students for a career. Students enrolled full-time, Monday-Friday, typically finish a career program within one year.

Practical nursing and diagnostic sonography are two of the most sought-after courses. Students are able to enter their professions in a little over a year.

"They are making an excellent salary with as little as 15 months training," Perry said. "It's not cheap but it's cheaper than going to a private vocational college or another university. Financially, it's a lower investment for a long-term course that creates wealth for individuals, students and their families."

Another thing that sets MNTC programs apart is that its programs are nationally accredited.

"That stresses we've met the rigor and standards and it also makes the student more employable," Perry said.

## SHORT-TERM ADVANCEMENT

Training for those seeking a new career, or who want to enhance existing skills within a minimal amount of time is also available. Courses are offered part-time during the day, evening, and weekends.

\* Courses allow individuals to continue learning, take accredited classes, achieve industry credentials and/or gain college credit, while also managing a busy lifestyle. Many courses may be taken in sequence to build a career path.

\* Students in Short-term courses are diverse in age and background.

\* Instructors are employed based on education, related work experience, and industry certifications.

Combine a desire to help with hands-on training and you have the making of an excellent career in the health industry.

"I was that person to help them navigate the system," Perry said. "It's very rewarding when you have a student succeeding



Moore Norman Technology Center's Wendy Perry helps students advance in her role as assistant director of Health Careers.

and you help them stay in school, progress and reach their goals. That's immediately gratifying.

"If someone is uncertain about what they want to do we just help them work through their interests and how their strengths apply to the different programs we offer."

At MNTC, students can start working toward a career while they're still in high school by choosing to study a Career Program like Nurse Aide, Veterinary Assistant, Biotechnology, or one of several others.

The industry has been an appealing one, especially has Oklahoma's economy has waxed and waned during the past decade.

"We are seeing an increase in males that are coming in through

some of the health programs," Perry said. "It's a female-dominated area but we are seeing more non-traditional students - second careers."

"Maybe they've gone into the workforce and not enjoyed what their chosen profession was and want to do something different."

But that's what CareerTech was designed to do, offer students the training they need to be successful.

And from interest counseling to hands-on instruction to assistance preparing a resume or polishing interview skills, Moore Norman Technology Center is able to be there every step of the way for students.

"What we have is kind of unique," Perry said.



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# Your Resource for Beginning & Building Your Nursing Career

Oklahoma follows the national trend of a growing aging population, which means qualified health care employees are in demand, and trained health and medical professionals can continue to expect to have good prospects for employment.

MNTC's **Career Program** health students work toward state licenses and industry certifications, thereby increasing their chances of qualifying for, and maintaining, positive employment in the health and medical industry.

**Part-time** health classes at MNTC are offered online, in a flex format, or in-person. They can help students become certified, keep their certifications current, and explore new training interests.



*"I was completely prepared for work because of the MNTC sonography program. All of the clinicals and practice made a huge difference and I walked into my new job with total confidence."*

— Kelsey Slovacek, RDMS

- Diagnostic Medical Sonography, 18-months at MNTC
- Employed with Chickasaw National Medical Center, Ada



## CAREER PROGRAMS



DENTAL ASSISTING (CDA)



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## PART-TIME CLASSES

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- Skilled Communication
- Stress Management
- Conflict Resolution
- Cultural Diversity
- Patient Abuse

### Other class options

- Advanced Cardiac Life Support (ACLS)
- CPR
- EMT: basic, advanced, instructor
- Nurse Refresher
- Pediatric Advanced Life Support (PALS)
- Pharmacy Technician

Check [mntc.edu](http://mntc.edu) for list of current classes.



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# Public Health Nurses Week Encourages Personal Health, Well-being



During National Nurses Week May 6-12, the Oklahoma State Department of Health (OSDH) will recognize the approximately 400 public health nurses who work in county health departments and at the OSDH central office in Oklahoma City.

Unlike other nursing specialties, public health nursing works to improve the health outcomes of entire populations rather than just one patient at a time. In many communities, public health nurses are often the first line of defense to prevent illness and injury. Public health nurses are also leaders in improving the quality of care and access to care through health policy advocacy that supports improving the quality of life for all.

This year's theme for National Nurses Week is "Nursing: The Balance of Mind, Body and Spirit." The theme is an important part of the American Nurses Association's 2017 Year of the Healthy Nurse outreach to encourage nurses to focus on their own balance of physical, intellectual, emotional, social, spiritual, personal and professional well-being.

"Nurses are ideally positioned

to be the best role models," said Ann Benson, director of the OSDH Nursing Service. "They are educators and advocates of health and wellness. We want Oklahomans to appreciate the full range of public health nurses' contributions to their communities."

Public health nurses lead initiatives to increase access to care and improve outcomes by focusing on primary care, prevention, wellness, chronic disease management and the coordination of care among health care providers and settings. These nurses are even more crucial in helping plan how to expand primary care at community-based clinics in the most efficient and cost-effective ways possible, while recognizing the distinct needs of diverse communities.

"From the beginning of public health's collaboration with emergency preparedness agencies, our nurses have been critical in responding to public health crisis events that occur in Oklahoma," Benson said.

For more information about the nursing profession, or to find nursing jobs in Oklahoma, visit the Oklahoma Nurses Association website at <http://www.oklahomanurses.org/>.

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# NURSE + TALK

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

*What do you like to do when you're off in the summer? Integris Southwest Medical*

We go to Lake Tenkiller where we have a house in Paradise Hill.



Tanya Sheppard, RN

Since I was 12 I do rodeo timed-events like team roping.



Dwayne Hack, RN

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

Email: [news@okcnursingtimes.com](mailto:news@okcnursingtimes.com)  
or mail to Oklahoma's Nursing Times P.O. Box 239 Mustang, Ok. 73064

I like hanging out at the pool and going to the gym.



Callie Ward, RN

Usually in the summer I go visit family in Illinois because it's a lot cooler there.



George Westbrook, Tech



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Gracewood Health & Rehab, located at 6201 E 36th St, Tulsa, OK 74135, is soliciting applications for the position of MDS Coordinator. This is a full time position and duties will include managing the entire MDS process, completing assessments and developing care plans. The ideal candidate will have: \* A friendly, team-oriented disposition \* Flexibility, and be detailed oriented \* Understanding of RUGs III and IV \* Experience in a long term care or rehabilitation setting \* RN preferred but outstanding LPN candidates may be considered.

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