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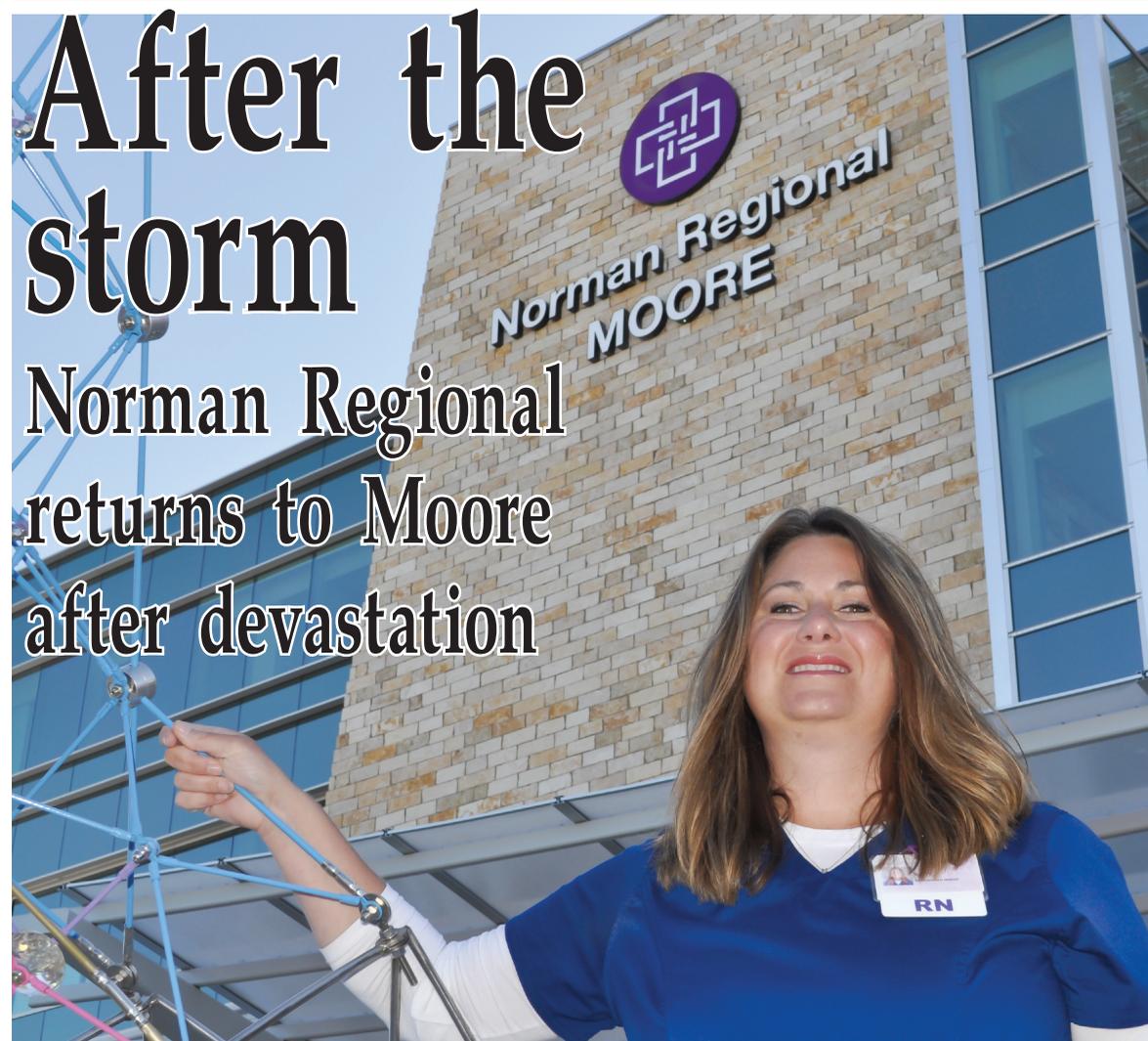


photo by Bobby Anderson

After the storm

Norman Regional returns to Moore after devastation

Sally Wallace, RN, was on shift the day an EF-5 tornado hit Moore, destroying the hospital where she worked.

by Bobby Anderson,
 Staff Writer

Three years ago this May, Sally Wallace, RN, lived through arguably the longest shift of her entire career.

When she reported to

work the morning of May 20th, it was like any normal Oklahoma day in May, ripe with the possibility of severe weather on the horizon.

By the time her shift ended Wallace and other

Moore Medical Center staff had survived an EF-5 tornado that had brought the hospital walls down around them.

They had evacuated an entire hospital and then prepared to take care of the injured who poured in by car or on foot.

With no power, no supplies and no sterile protection the nurses at Moore Medical made sure that no one died at the hospital even though 24 people

Plan of action

OU College of Nursing helps families navigate care



Karissa Maddox, RN, BSN, CMC has spent the last 15 years helping coordinate care for Oklahomans through OU Nursing Care Management.

story and photo by Bobby Anderson, Staff Writer

When it comes to the disease process often times families are left to sift through a sea of information just trying to make the best decision for a loved one.

Helping families navigate that process is why Karissa Maddox, RN, BSN, CMC became a nurse. And it's the reason she's spent the last 15 years of her nursing career working with OU Nursing Care Management.

"Just the love you have for the members and the relationship you develop seeing them being able to remain at home living a more healthy life - you know you're helping them," Maddox said. "That's what keeps me in it. You see the difference you make."

OU Nursing Care Management has been coordinating care for Oklahomans statewide since 1995.

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PLAN

Continued from Page 1

Maddox fell in love with the program just three years into her nursing career and says the shared mission is unlike any other she's ever experienced.

"Everybody working for us has a very caring, nurturing side and that's important when you're dealing with the care of people in transition," Maddox said. "We don't just see them once and go away."

Through the University of Oklahoma Health Sciences Center Fran and Earl Ziegler College of Nursing, the OU Nursing Care Management Program provides case management services through the entire spectrum of care.

Maddox says a large portion of services are to ADvantage-eligible and approved elderly and disabled individuals (as determined by the Oklahoma Department of Human Services) but the program has several other facets.

"I feel we have had success with this program because we have quality people who work for us," Maddox said. "We have a wide variety of people with different backgrounds."

Registered nurses, social workers and other licensed professionals coordinate for the welfare and well-being for the clients taken care of.

Services aren't just for the older adult. The OU College of Nursing program offers pediatric, chronic care and disease management services as well, helping families navigate multiple, complex processes while serving as a support advocate for the family to get them the services they need.

Often times multiple doctors treat patients and Maddox said a case manager serves as a central hub for information while helping to coordinate care.

"It just relieves the stress and helps the family try to live a normal life, especially if loved ones live at a distance," she said. "We are often the "professional advocate" helping manage care while communicating with family members and providers in addition to coordinating all health care needs. The program is far-reaching."

Disability and Chronic Care Management

OU Nursing Case Managers begin working with you by providing a comprehensive in-home assessment. The in-home assessment allows care managers to better understand the personal, medical, and other psychosocial needs of the family member in

need. Maddox says the goal is to better understand how your family lives and how to help relieve some of the stress caused by caring for a disabled family member.

With the decreasing lengths of hospital stays, Maddox says safety assessments are a crucial part of care management.

And while care management helps determine the proper course of care, it also has an added benefit of saving the family member money.

Maddox can't imagine doing any other kind of nursing.

"You see the education you provide, the stability you provide and being an advocate for them is huge," Maddox said. "Sometimes people don't have anybody else to speak for them."

Transitional Care Management

OU Nursing Case Managers collaborate with discharge staff to assist individuals transition from medical facility to home whether it is a hospital, skilled faculty or nursing home. The goal is to have a safe transition between levels of care and help them be safe wherever their home is.

Geriatric Care Management

Geriatric Case Managers provide a variety of services for you and your older adult loved one. A Professional Case Manager often begins working with you by providing an in-home assessment. After the assessment a care plan with recommendations is provided to you. You decide what to do.

The care plan will serve as a roadmap to help you and your loved one make informed decisions about healthcare, housing, and other quality of life options. There is no obligation to implement any portion of the care plan; you simply have the necessary information and tools to make good decisions. If you choose to implement all or part of the care plan, OU can help.

Maddox says it often helps to have an objective, third party provide information and options to families. The emotional nature of making decisions about your aging loved one can often cause additional stress on the family.

OU Nursing Case Managers are a neutral, supportive professional to help ease the burden associated with caring for an aging or ill family member.

The OU Nursing Care Management program has locations in Oklahoma City, Tulsa, Lawton and Elk City to help individuals statewide. For a professional consultation for Private Care Management, call Lisa Macias at 1-866-416-4980 or lisa-macias@ouhsc.edu.

WALLACE

Continued from Page 1

would in the community, including seven children barely three miles down the road at Briarwood Elementary.

Wallace is the lead charge nurse for Norman Regional Moore and the Healthplex.

She recently shared her story before the anniversary of the storm and the opening of the new Norman Regional Moore hospital.

"I was charge nurse that day in the ER. I kept my kids home from school that day and left them with my sister because of the potential for storms. I knew they would be safe and nobody would be running around in the afternoon picking them up from school."

Usually, Mondays are super busy but we weren't very busy that day. It was an unusual day because we didn't have nearly as many patients as we normally would have on a Monday, which I guess was a good thing.

We started watching the storms early that afternoon and kept an eye on the weather. It came down to a Code Black alert and at that point we took all the patients we

had in the ER which was about five at the time and took them back to our central location in the fast track of the ER. Between then and the time the storm came we had between 200 and 300 people in the community come looking for shelter. Our security and our ER manager helped get them all safe into the cafeteria while we were able to concentrate on our patients and kind of watch the weather.

It just felt like a long time sitting there watching the weather and just knowing it's coming towards us. When we knew it was close we handed out pillows and blankets to all of our patients and had then hunker down.

Then we lost power and then we just hunkered down behind the nurses desk and just waited for it to pass.

It was just like everybody says. It was so loud and the pressure in the air was so heavy that it felt like it was sucking all the breath out of you.

Once it finally passed we got up, checked everybody to make sure they were OK. The building settled in that point and there was a bunch of dust coming up with ceiling tiles falling.

We had to check the damage and see if we could even function as an ER at that point.

There was no way. There were so many cars and debris in the parking lot we couldn't even get out of the ambulance door or the main ER door.

There was so much debris we had to lift people over in their wheelchairs over the debris pile. There were quite a few people from the community outside helping us. We evacuated and went over to the Warren Theatre and set up an outdoor triage area there.

We had people from the neighborhoods bringing injured people by. We had Emstat and Midwest City Ambulance Service helping us transport people to the Porter campus or to the Healthplex.

I've never experienced anything like it and I hope I never do again.

"It was the scariest day of our lives."

Norman Regional had owned and operated the former Moore Medical Center for more than six years before it was destroyed.

Immediately after the tornado, employees from Moore Medical Center were found positions elsewhere within the Health System.

The physician offices and clinics were also quickly relocated to temporary spaces in Norman and south Oklahoma City.

The new four-story structure offers a variety of services including:

- A 24/7 Emergency Department that includes a fast track area for minor illness and injuries
 - Physical Therapy services
 - Diagnostic Imaging including MRI, CT, Ultrasound and X-ray
 - Laboratory Services
 - Physician offices including Family Medicine, Pediatrics, OBGYN, Cardiology, and more
 - Conference space that doubles as a safe area for patients and staff
- Wallace says this is the first spring where her anxiety about storms has been under control.

"Every day I think about it," Wallace said. "I'm just really excited we're going to have a new place for the Moore community. I'm super excited to get in there."



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**OKLAHOMA ASSOCIATION OF
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CAREERS IN NURSING

GOLDEN LADY: LONG-TIME LPN KEEPS ON MOVING

by James Coburn - Writer/Photographer

Nan Darkis has learned a wealth of knowledge since she graduated Oklahoma City Practical Nursing School in 1968. She doesn't regret her choice and keeps on working. It adds meaning and fulfillment to her life, she said.

Darkis serves as a licensed practical nurse at the Golden Age Nursing Center in Guthrie. She worked at Job Corps for many years, but described the nursing home and Job Corps as two distinct entities. Darkis joined the staff at Golden Age two years ago.

"What keeps me here? This is the work I like to do," Darkis said. "I live in Guthrie and I want to work in Guthrie. I've always worked in Guthrie. I don't like traveling. I found that out going to school in Oklahoma City."

Working at Golden age is great for Darkis because she enjoys developing friendships with the residents that she cares for on a daily basis.

"You get to know them," she said. "You get to see some improvement by just being there for them."

Darkis had not been in a nursing environment before she went to nursing school. But she decided to become a nurse when she was fresh out of high school, she said. Darkis got married and raised a family. It was then that she decided to work as a nurses' aide.

"The lady that trained me and oriented me and everything -- that's when I started liking it," she continued. "I decided that is what I wanted to do."

At Golden Age Darkis has found much to appreciate about the fine care the nursing staff provides to the residents at home there. She said the nursing staff is honest and always willing to help one another do the right thing.

"They'll tell you if you're doing wrong," Darkis said. "They'll tell you if they know something about a resident that you don't, especially

coming in new, because when I came over here two years ago, of course I didn't know the residents. So my mentor was very, very good by helping me by being patient and honest."

"If there was anything I would do wrong, she would explain to me what's going on with the rules and policies. Each nursing home is different but she did that for me."

Darkis also learned about entering what was once paper data into a digital format on a computer. Working at Golden Age brings out the best qualities of a nurse.

"Caring and honesty are important," she said. "Really caring for your fellow person is what I think you need. You know God loves all of us. And He wants us to love one another. That's what he told his disciples."

Life can be challenging. So can being a nurse, Darkis said. But God said, "Love one another as I have loved you," Darkis said.

Nurses must be patient when caring for some residents who might do something one minute and forget about it the next minute, she continued. So nurses cannot hold any judgements against their patients.

Residents have lived life like anyone else and find respect at Golden Age. They are given ample opportunities for activities. They also like to share stories about their families and their histories.

"There's one or two that I might just go in and sit down and we'll talk about different things," she said. "I try not to get to close. But you get close enough."

Some of them share a passion for gardening with Darkis.

"I like to garden," she said. "I have tomato plants and pepper plants out now. I plant flowers and I like to play Solitaire on the computer. I play the one card. I don't like the two or three cards. It's kind of relaxing to me."

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



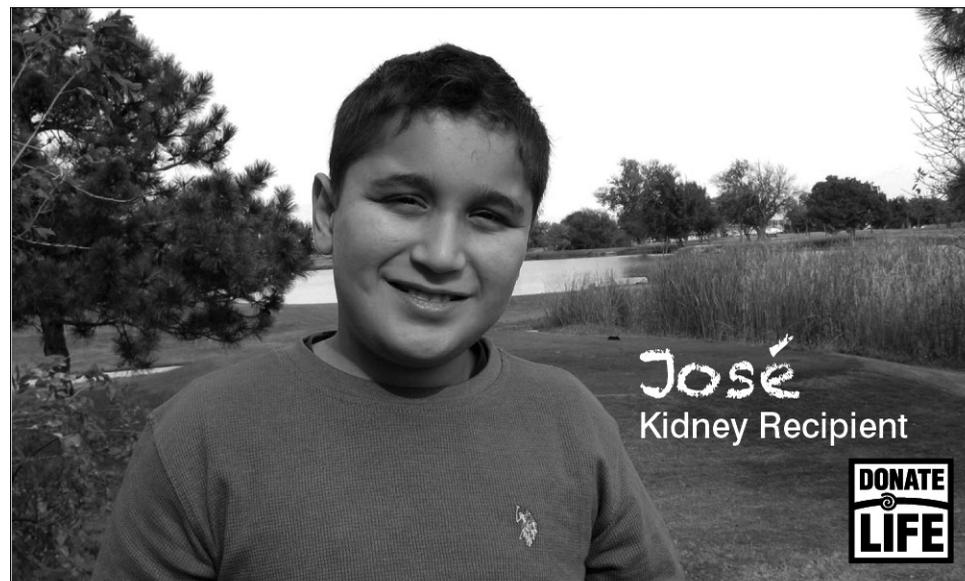
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José was born with chronic renal failure. His left kidney didn't grow. At age one, he was placed on the transplant waiting list but was only listed for about a month and he started getting better. He was removed from the list and did well until he was 10 years old.

At 10, his health started declining and he was placed back on the list in July 2013. His mom was also tested to be his donor, but within three weeks, a donor kidney became available and he was transplanted in August 2013. The doctors said it was a one in a million perfect match. José was only in the hospital for 5 days. He is now able to do almost anything a boy his age wants to do with the exception of contact sports.

His family feels so blessed to have met his donor's family and is so thankful for the wonderful life saving gift their son received.

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at www.LifeShareRegistry.org. If you don't have a license or state ID card and do not have internet access, call **800-826-LIFE (5433)** and ask for a donor registration card.

LifeShare



Many people have benefited in life from the good nursing practices of Nan Darkis, an LPN at Golden Age Nursing Center.

She also has a lot of grandchildren that she likes to visit for a couple of days. Her youngest son lives in Colgate, about 30 miles from Ada. He has six boys and two girls, Darkis said.

"So when I go down there it's all those different personalities, but it's kind of a boost to me," she said.

She also has a niece who is a nurse and a grandniece working as a nurse. Her youngest son is a physical therapist.

Baptist Medical Center Reopens Main Entrance

Renovation of the main entrance at INTEGRIS Baptist Medical Center is complete. The new design is not only beautiful, but also provides improved traffic flow and patient friendly navigation.

"It's all about patient access. The newly-designed entrance and patient registration lobby have been designed for the optimum patient experience," says Tim Johnsen, president of INTEGRIS Baptist Medical Center. "The entry lanes and drive-up areas are greatly enhanced with multiple drop-off spots. Once you enter, it's very easy to see how and where to register for a diagnostic test, procedure or inpatient admission. It's also easier to find the main elevators or wherever else you may need to go inside the facility. The project was designed with input from former patients who were extremely valuable in telling us what they expect when entering a hospital."

The open layout is more contemporary and inviting, without sacrificing patient privacy. Areas are specifically designed to protect confidentiality. The remodel of the well-regarded gift shop is another marked improvement, as is the updated information desk. Strategically placed volunteers and increased signage will lead to better way finding for the tens of thousands of people who enter the facility in any given year.

The project was designed by HKS architects and constructed by Flintco Constructive Solutions in 13 months. The second phase of the renovation will begin immediately and includes a newly expanded Outpatient Department for same-day procedures. The entire project is expected to be complete in the spring of 2017 at a total cost of \$20 million.

Randy Kamm named Admin. Director of St. Anthony Shawnee Physicians

St. Anthony Physicians Group has appointed Randy Kamm as Administrative Director for St. Anthony Shawnee Physicians. Kamm will lead clinic operations and programs for Shawnee, McLoud, Meeker and Chandler.

Kamm obtained his Masters of Science in Health Care Administration from Oklahoma State University, and his Bachelors of Science in Business from Southwestern Oklahoma State University.

Kamm comes to St. Anthony Physicians Group with 18 years of experience in healthcare management of physician practices and inpatient facilities.



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Ada Ok. McCall's Chapel assists individuals with developmental disabilities with daily living skills that further independence. Plans, develops, organizes, implements, evaluates and directs the day-to-day functions of the nursing department in accordance with current regulations and guidelines that govern the facility and community placements. Bachelors Degree in Nursing. Three yearS experience as a RN working with individuals with development disabilities. Valid Oklahoma Drivers License. Salary based on experience. Benefits include health, dental, vision, company paid and supplemental life insurance, 401K retirement, sick leave, vacation, paid holidays, EAP Program and Aflac. Send resume to McCall's Chapel 13456 County Road 3600, Ada, OK 74820, fax resume 580-272-6658, Apply in person in the Human Resources Dept. For more information call (580) 272-6619.

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Full-time RN Case Manager needed at the Family Health Center of Southern Oklahoma, Tishomingo, OK. Job duties include Case Management, Performance Improvement, and hands on patient care in an integrated health care setting. Computer experience required, electronic health record experience preferred. Competitive salary and benefits package. Mon-Friday work schedule. Applications can be obtained on our website www.fhcs.org or picked up at our nearest office and returned via mail or fax. Fax: 580-371-2451. Mailing address: 610 E. 24th Street, Tishomingo, OK 73460

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FREE CEU'S & EVENTS

18th Annual Caregiver Survival Skills Conference - Coming to Our Senses will be held June 10, 2016. The Conference Center at Mercy 4300 W. Memorial Road Oklahoma City, OK from \$10 8:30 a.m. to 2:30 p.m. Topics Include: Embracing Color, A Sense of Accomplishment, Caregiver's Best Friend and A Sense of Being. Speakers Include: Carrie Chavers, Diane Wood, Emma Brumme, Jessica Welp & Shotgun, Bob Willis. Call to Register (405) 936-5821 Suggested Donation: \$10 and Lunch is provided.

FREE Continued Education Workshop Game-Changing Approaches to Dementia Care

Join ComForCare For a FREE Virtual Workshop on Dementia Care Strategies

ComForCare dementia care expert, **Deborah Bier, PhD**, teaches cutting-edge techniques and strategies in a virtual workshop that covers: Preventing Difficult Dementia Behavior • Surprising Sensory Changes in Dementia • How Dementia Complicates Pain Management • Different Types of Dementia and Their Care Needs • Delirium and Dementia: A Hidden Epidemic • Drugs That Can Make Dementia Worse • Working With Challenging Families.

Game-Changing Approaches to Dementia Care Date: Tuesday, June 21st 2016 Time: 10 a.m. - 2:15 p.m. Registration 10 a.m. - 10:30 a.m. Workshop Location: Old Surety 5201 Lincoln Blvd Oklahoma City, OK 73105 To Register Call or Visit: www.dementiawise.com This workshop is approved for 3 CEUs for RNs and SWs Call 405-217-0706 to register. Hosted by ComForCare Home Care 5201 N. Lincoln Blvd Oklahoma City, Ok

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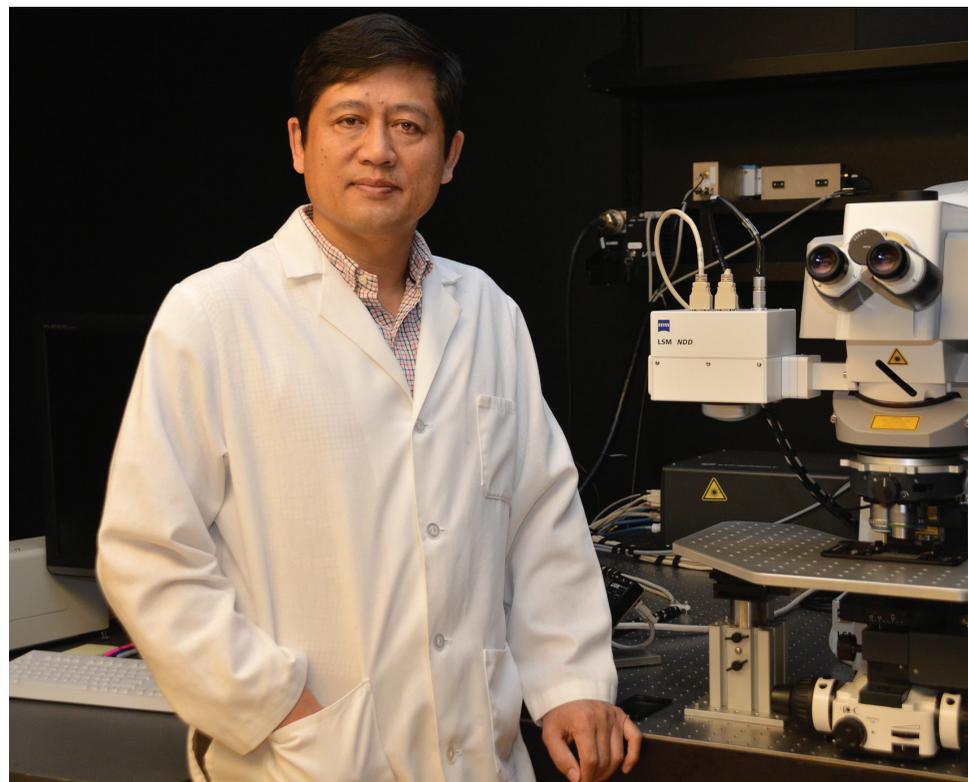
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OMRF researcher makes colitis, colon cancer breakthrough



Oklahoma Medical Research Foundation Scientist Lijun Xia, Ph.D.

An Oklahoma Medical Research Foundation scientist has discovered that certain sugars produced by the body play an important role in the development of colitis and, ultimately, colon cancer. The new finding could potentially lead to therapies for ulcerative colitis, Crohn's disease and colon cancer.

At OMRF, Lijun Xia, M.D., Ph.D., has spent two decades studying O-glycans, a form of sugar that the body produces and that comprises nearly 80 percent of a thick mucous layer inside the colon and the gastrointestinal tract.

For the current research project, Xia and his lab genetically modified mice so that their bodies wouldn't produce these sugars. The scientists found that the mucous layer vanished and the mice developed colitis, an inflammatory condition in the large intestine.

In addition to colitis, these mice also developed a form of colon cancer (known as colitis-associated cancer) as they aged.

"Colorectal cancers pose a

significant healthcare problem and are the third most common cancers for both men and women in the U.S.," said Xia. "But in order to solve this problem, we first have to know the cause. In this case, we think we have found a key to this."

According to Xia, this discovery is important for two reasons.

"First, these findings tell us that this mucus made up of O-glycan sugars is essential for preventing the development of colitis and colon cancer," said Xia, who holds the Merrick Foundation Chair in Biomedical Research at OMRF. "When we deleted the sugar, colitis developed. That makes it essential in prevention."

Second, said Xia, he and his team now have created an effective model to help researchers understand colorectal disease and to develop and test therapies.

"For studying colitis and colon cancer, the experimental models have been artificial until now," he said. "By deleting these type

See OMRF page 10

Oklahoma's Nursing Times Hospice Directory

- another free service provided by Oklahoma's Nursing Times -

Alpha Hospice: 7512 N Broadway Ext., suite 312 Okc, 405-463-5695 Keith Ruminer/volunteer coordinator/chaplain

Autumn Bridge Hospice: 405-440-2440

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

Crossroads Hospice: Elizabeth Horn, Vol. Coordinator, 405-632-9631

Cross Timbers Hospice: Ardmore- 800-498-0655 Davis-580-369-5335 Volunteer Coordinator-Shelly Murray

Excell Hospice: Toni K. Cameron, Vol. Coordinator 405-631-0521

Faith Hospice of OKC: Charlene Kilgore, Vol. Coordinator, 405-840-8915

Frontier Hospice: Kelly Morris, Vol. Coordinator, 405-789-2913

Golden Age Hospice: 405-735-5121

Good Shepherd Hospice: 4350 Will Rogers Parkway Suite 400 OKC OK 73108 405-943-0903

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

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

Horizon Hospice: LaDonna Rhodes, Vol. Coordinator, 918-473-0505

Heartland Hospice: Shawnee: Vol. Coor. Karen Cleveland, 405-214-6442; Norman: Vol. Coor. 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

Interim Healthcare Hospice: 405-848-3555

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

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

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

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

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

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

Professional Home Hospice: Sallisaw: 877-418-1815; Muskogee: 866-683-9400; Poteau: 888-647-1378

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

INTEGRIS to Participate in National Medical Bill Redesign Challenge

Speaking at the annual Health Datapalooza conference today, Department of Health and Human Services Secretary Sylvia M. Burwell announced a challenge to encourage health care organizations, designers, developers, digital tech companies and other innovators to design a medical bill that's simpler, cleaner, and easier for patients to understand, and to improve patients' experience of the overall medical billing process. The "A Bill You Can Understand" design and innovation challenge is intended to solicit new approaches and draw national attention to a common complaint with the health care system - that medical bills and the medical billing process are a source of confusion for patients and families.

The "A Bill You Can Understand" challenge seeks to draw attention to the complexities of medical billing. Winning designs will be featured at the Health 2.0 Annual Fall Conference this September and on the challenge website. In addition, the following organizations have committed to test or implement winning solutions for the patients they serve:

Cambia Health Solutions (Portland, OR), Geisinger Health System (Danville, PA), INTEGRIS Health (Oklahoma City, OK), The MetroHealth System (Cleveland, OH), Providence Health & Services (Seattle, WA), University of Utah Health Care (Salt Lake City, UT)

INTEGRIS is the only system in the state and one of only six organizations nationwide to be selected as a test site. "We are honored to be a partner in this challenge," says Greg Meyers, INTEGRIS system vice president of revenue integrity. "The challenge will help us continue our pledge to be transparent and accountable to our patients, with full, accurate, understandable and timely disclosure of information. Being a part of this initiative will help us hold ourselves and hopefully other health care providers accountable to that high standard, which is what our patients deserve."

Price transparency is a priority at INTEGRIS. The INTEGRIS Consumer Priceline allows patients to obtain pricing information on a variety of procedures and services offered at any INTEGRIS Health facility throughout the state of Oklahoma. In addition, INTEGRIS has created a special price package of the most common tests and procedures to make them more affordable through special cash pay prices. These reduced rates are available to patients able to pay in full who either do not have health insurance or have opted not bill their insurance company.

Together, the six test organizations cover 3 million people on their health plans and encounter roughly 1 million patient visits each year at their hospitals, clinics, and other health care facilities. They represent a diverse set of health care organizations, ranging from academic medical centers, integrated delivery systems, and safety net providers. Experts from these organizations will also serve, alongside patients and other stakeholders, on an advisory panel to the challenge judges.

The challenge will issue two awards - one for the innovator that designs the easiest to understand bill and a second for the applicant that designs the best transformational approach to improving the medical billing system, focusing on what the patient sees and does throughout the process. Submissions will be judged based on understandability, creativity and how well they address the challenges outlined by patients, providers and payers, among other criteria outlined on the challenge website.

The challenge will accept submissions until August 10, 2016. Challenge winners will be announced in September 2016 and will receive cash prizes of \$5,000 each. Additional information including how to apply can be found at: www.abillyoucanunderstand.com.

I N T E G R I S
Health.

The Hospice Directory above does not represent a list of all Hospice facilities statewide. For a complete list visit 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
news@okcnursingtimes.com*

Q. When is a crumb, just a crumb?

A. If you look up the definition of a crumb here is what you would find: *a small particle of bread, cake, etc., that has broken off *a small particle or portion of anything; fragment; bit.

The operative words, SMALL PARTICLE/SMALL PORTION FRAGMENT OR BIT

Why do so many of us accept crumbs in our friendships, relationships/marriages, jobs? As the definition states, a crumb will not sustain us. A crumb of bread will leave us wanting more, it will not make us full.

Maybe we have normalized crumbs. Which would explain why we are starving.

So how do crumbs work in a friendship?

- you find that you always give more than you receive - time, money, listening but rarely talking and instead of saying anything you just accept it.

- when your friend does go out of her way to acknowledge you/include you, etc. you believe you misread her behavior and take what little she is giving you.

- you rationalize, minimize and possibly deny what others see.

So how do crumbs work in a relationship/marriage?

- your partner rarely shows you the respect you deserve but when he/she does you believe you really are loved.

- when he gives you flowers (2 days after your anniversary) that are somewhat wilted you smile and say they are beautiful when you are really hurt.

- when all her friends are busy and she "chooses" to spend time with you.

- when your love language is words of affirmation and physical touch (and your partner knows it) but rarely loves you in that way.

- when your partner compliments you and it sounds more like an insult but you don't say Anything.

So how are crumbs throw our way at work?

- This may be the one place that crumbs are seen for what they are. Lets get real, we need a job to pay our bills so we are not going to quit just because we find ourselves under the bus instead of riding in it. But we are more likely to realize that crumbs do not define our worth. And if we are healthy enough and have a strong support system we can get our worth defined after work.

The danger with believing crumbs are enough is we miss out on real intimacy. If our belief system becomes hard wired to accepting crumbs we are in real emotional danger.

Remember that crumbs will not sustain us. They are not enough to build a healthy friendship or relationship. We will always feel empty and have a longing for more.

From baby bump to "mombie" How one OB-GYN spells it all out for expecting couples

How many expectant parents have wished their doctors would just send them home with a manual, containing everything they needed to know and all the things they were too afraid to ask? How many moms are kept up nights with questions about pregnancy or upcoming birth? How many people with pregnant partners feel totally clueless?

Dr. Jeffrey Zweig is an OB-GYN who has heard and seen it all. He has delivered more than 8,000 babies during his more than 40 years of obstetrical experience. In his new book, "Pregnancy is a Real Mother," Dr. Zweig answers all of the burning questions expectant couples have and shares personal stories and anecdotes to educate and entertain his readers.

"Expectant parents need to read up on pregnancy, prior to delivery," Dr. Zweig said. "The more information a couple has prior to delivery, the better equipped they are to handle labor, delivery, postpartum, and newborn care."

Dr. Zweig has practiced in four states, from California to Georgia, and has been exposed to widely different pregnant populations. His book takes readers on the journey of pregnancy, from a positive pregnancy test to newborn care, while offering real-world stories, pictures and humor. One of the stories he relates is regarding a set of twins, which was the inspiration for the book.

"One may never see a miracle happen, before their very eyes, in their lifetime, but I did," Dr. Zweig said. "Everyone in the OR that night did."

Dr. Zweig even addresses one of the most recent controversial arguments: to circumcise or not.

"Parents really need to just listen to their gut feelings regarding circumcision and just go with it," Dr. Zweig said. "Languishing about the decision is not worth the emotional cost or your time."

For more information, visit: <http://bookstore.xlibris.com/Products/SKU-000777493/Pregnancy-is-a-Real-Mother.aspx>.

Jeffrey L. Zweig, M.D., was born in Los Angeles and grew up in Santa Ana, Calif. He serves on the active medical staff at Comanche County Memorial Hospital and Southwestern Medical Center. He is skilled in obstetrics, with experience in ultrasound and high-risk pregnancies, gynecological surgeries, infertility and office gynecology, including treatment of menstrual disorders. He lives with his wife and family in Lawton, Okla. This is his first book.

OMRF

Continued from Page 8

of sugar structures, the mice are now forming spontaneous colitis and colitis-associated colon cancer, which is exactly how the disease would occur in humans."

Xia's lab is now working on the development of therapies to repair the injured mucous layer and repair the sugars to treat colitis and prevent tumor development.

"Once you have a tumor, it can often be too late," said Xia. "Our discovery indicates that if we prevent or control colitis, we'll likely prevent that tumor from ever forming. That's significant."

Xia's disease-relevant findings again illustrate the importance of 'basic' research, said OMRF Vice President of Research Paul Kincade, Ph.D. "Researchers had to first understand how the protective mucous

layer is put together before they could learn how that results in disease. Xia and his team are acknowledged experts in this field and uniquely positioned to make these discoveries."

Xia has published these new findings in separate papers in a pair of scientific journals, Gastroenterology (May 3 issue) and Mucosal Immunology (May 4 online).

OMRF researchers Jianxin Fu, M.D., Ph.D., and Kirk Bergstrom, Ph.D., also contributed significantly to this work.

This research was funded by grant R01 DK085691 from the National Institutes of Health, as well as by the Oklahoma Center for Adult Stem Cell Research, the University of Oklahoma's Stephenson Cancer Center, and a Research Fellows Award from the Crohn's and Colitis Foundation of America.



NURSE + TALK

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

What do you think about the Oklahoma City Thunder this season? OU Medical Center Edmond

"I don't watch them but I think they're fantastic bringing in lots of money."



Tammy Lee, medical health unit

"I think they've been really fun and I hope they win. They brought a lot of excitement."



Jessica Dunlavy, RN

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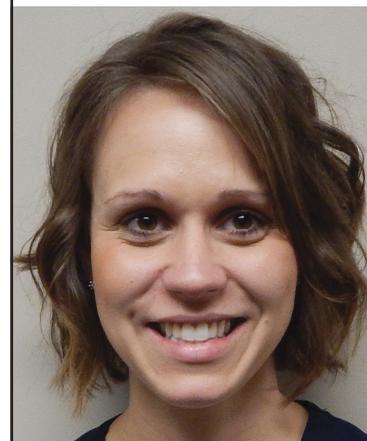
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"I think they've done a really good job and I think they bring a lot of community togetherness."



Amy Harber, RN

"I think they've done great and I hope they can beat Golden State."



Ashley Shelden, RN



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INTEGRIS Stroke Centers Receive Awards

As part of Stroke Awareness Month, INTEGRIS is proud to announce that the James R. Daniel Cerebrovascular and Stroke Center at INTEGRIS Baptist Medical Center and the James R. Daniel Stroke Center at INTEGRIS Southwest Medical Center have both received the American Heart Association/American Stroke Association's 2016 Target: Stroke Honor Roll Elite Plus award for their continued commitment to and success in improving care for stroke patients.

The award recognizes that during the most recent three month review period, at least 75 percent of all applicable acute ischemic stroke patients at INTEGRIS Baptist Medical Center and INTEGRIS Southwest Medical Center received the important clot-busting drug known as intravenous recombinant tPA (tissue plasminogen activator) within 60 minutes of arriving at the hospital. In 50 percent of all applicable cases, the tPA was given within 45 minutes.

The drug is the only FDA-approved, acute-stroke treatment for clot-related, or ischemic, stroke. If given intravenously in the first three hours after the start of stroke symptoms, tPA has been shown to significantly reverse the effects of stroke and reduce permanent disability.

In addition, the stroke centers at both hospitals were also presented the Get with the Guidelines-Stroke Gold Plus achievement award in recognition of their implementation of excellent care for stroke patients, based on evidence-based guidelines.

Gold Plus performance hospitals must achieve at least 85 percent adherence to all Get with the Guidelines-Stroke quality achievement indicators for two or more consecutive 12-month intervals and 75 percent or higher compliance in additional select quality measures. These measures are all aimed at reducing death and disability and improving the lives of stroke patients.



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.



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