Recruiter Showcase



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klahoma's

Austin Eaton, RN is one of the many excellent nurses at The Children's Center Rehabilitation Hospital in Bethany, OK. His positive attitude and smile makes the children happy.

by Vickie Jenkins, Staff Writer

The Children's Center Rehabilitation Hospital is a private, nonprofit hospital serving children with complex medical and physical disabilities. The main areas of service are, long term nursing and rehabilitation care, pediatric medical rehabilitation, and outpatient series, general pediatrics, physical therapy, occupational therapy and speech therapy.

Among the many employees that care for the children is one friendly, outgoing individual; his name is Austin Eaton, RN.

Austin was born in Prague, Oklahoma. At a very young age, he had a real desire to help others and knew that he wanted to be a doctor or a nurse when he got older. Even though there weren't any other family members that were in the medical field, Austin was determined that he would change that. Austin went to school for nursing at Southwestern Oklahoma State University in Weatherford, OK.

Austin has been a nurse for almost two years. "Before I was a nurse, I worked here at The Children's Center as a tech. I knew this was a great place to work; helping care for all of these children. I love my job. In fact, in the near future, I plan on continuing my education, hoping to become a practitioner. It would be nice to come back here and care for the children," he said.

In your opinion, what qualities make a good nurse? "In my opinion, the most important thing is to strive for excellence. A nurse has to be caring, and willing to do the hard stuff too. The caring

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Oklahoma City Hospital Receives an 'A' for Patient Safety



SSM Health St. Anthony Hospital – Oklahoma City was awarded an 'A' from The Leapfrog Group's Fall 2018 Hospital Safety Grade. The designation recognizes SSM Health St. Anthony Hospital, including SSM Health Bone & Joint Hospital at St. Anthony, for their efforts in protecting patients from harm and meeting the highest safety standards in the United States.

The Leapfrog Group is a national organization committed to improving health care quality and safety for consumers and purchasers. The Safety Grade assigns an A, B, C, D or F grade to hospitals across the country based on their performance in preventing medical errors, infections and other harms among patients in their care.

"At SSM Health St. Anthony Hospital and SSM Health Bone & Joint Hospital at St. Anthony, we take great pride in providing exceptional patient care. Safety is our number one priority for each patient that walks through our doors. Our employees go above and beyond every day, committed to the best safety practices, ensuring our patients receive the best care possible," said Tammy Powell, President, SSM Health St. Anthony Hospital.

"Leapfrog's Hospital Safety Grades recognize See AWARD Page 3

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is not always easy, but the nurse needs to know that they are there for the children. That includes doing some things even when we don't really want to," he replied. "Believe me, it is all worth it in the end when you get that feeling of satisfaction," he added.

"When it comes to TIME, time management is so important. Some of the children are considered to be in critical condition. When you least expect, a few minutes or even seconds can make a difference. The children count on these nurses. We want to be that nurse to your child and to be there for them in any situation," Austin replied.

The favorite part of Austin's job is taking care of the children, of course! "I love how The Children's Center is such a happy place. I get to care for the children and play with them. I love the fact that I actually get to be around the children and enjoy their company," he said. "Yes, the best part of my job, definitely the children. Hands down, it's the kids here," Austin said. "The kids need me and I need the kids," he added.

Austin is not married, yet! He is engaged to a wonderful girl and they

plan on getting married October 2019. Presently, there are two special pets in their lives. A dog named Nebula and a cat named Rigby.

Austin is quite the outdoorsman. "I like to do anything that is outside. I like to take walks, go hiking, and enjoy the outdoors. I started Brazilian Jiu Jitsu recently and plan on taking up bow hunting soon," he said.

I asked Austin to describe himself. "Well, he said. "I am usually happy, outgoing, genuinely caring, and I have a lot of energy. On the other hand, I can be calm and collected, somewhat of an introvert," he replied with a laugh. There are a few words that describe Austin's life, and he is set on them. Austin tries to put those words "I live by to good use every day. determination, excellence, perseverance, consistency, keeping my focus on what's important, maintaining the other values. It seems as though I am definitely a leader. I am strong and bold and determined. I am a leader and a team player. I am a hard worker that strives for excellence in everything I do."

"I love working at The Children's Center. I feel like I am on a great adventure right now and I can't wait to see what is going to happen next," Austin said.



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Mercy to build new outpatient facility in El Reno, end hospital lease with the city



To better meet the changing health care needs of the El Reno community, Mercy plans to build a new facility focusing on expanding physician services, including both primary care and medical specialties, as well as urgent care. This new health care model represents a new direction in Mercy's approach to health care in El Reno.

Mercy has had the privilege of serving the health care needs of the people of Canadian County since 2009 when Mercy entered into an agreement with the city of El Reno to manage the hospital. In 2010, Mercy began a lease agreement to operate the city-owned hospital.

After an extensive discernment period that focused on analyzing community needs and hospital use patterns, Mercy leaders have decided to end the hospital lease with the city of El Reno and shift focus to expanding needed outpatient services. Mercy will work with city leaders over the next six months to create a smooth transition plan.

"We are excited to build a new outpatient facility that offers the type of care that residents most want and need in El Reno, including both primary and specialty care," said Jim Gebhart, president of Mercy Hospital Oklahoma City and regional strategy officer for Mercy.

The new facility will feature

the following providers and services: Family medicine, Internal medicine, Imaging services, Lab services, Walk-in urgent care, Urology, Cardiology, Orthopedics, Pain management, Home health, Wound care, Physical therapy, EMS services and Virtual medicine.

It will also feature a helipad so patients can be quickly transferred to a higher level of care when needed.

Mercy Hospital El Reno was built by the city in 1954 and needs extensive renovation. Over the last year and a half, Mercy and city leaders have worked together to pursue plans to build a new hospital, but patient census at Mercy Hospital El Reno has declined significantly as patients choose to travel to larger communities for hospital care. In addition, construction costs have increased 50 percent, making the plans no longer economically feasible.

The hospital saw an average of 12 patients per day in 2009 when Mercy entered into the agreement to manage the hospital. Today, Mercy Hospital El Reno sees an average of 12 patients per month in the inpatient hospital setting. At the same time, every year approximately 600 patients choose to drive from El Reno to Mercy Hospital Oklahoma City for hospital care.

Continued on next page

As a result of these utilization trends, Mercy Hospital El Reno lost \$2.9 million dollars last year on inpatient care and experienced a loss of more than \$700,000 in the first quarter of this fiscal year.

"While inpatient care in a rural setting is economically challenging, we remain deeply committed to the El Reno community," Gebhart said. "We believe this new strategy for outpatient care offers the appropriate level of services closer to home and will allow us to be good stewards of our resources, assuring our ability to continue to serve the community for many years to come."

Approximately 100 Mercy employees work at Mercy Hospital El Reno but not all will be affected by this change. Nearly half of these employees provide services that will remain in the community such as home health, physical therapy, wound care and EMS. Mercy's human resources team will work with the remaining affected co-workers individually to offer resources and explore the possibility of transferring to open positions in nearby Mercy facilities or in the new facility.

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AWARD Continued from Page 1

hospitals like SSM Health St. Anthony Hospital that focus on advancing patient safety. This ranking provides an important resource for patients, and a benchmark for hospitals, to determine how care at one hospital compares to others in a region," said Leah Binder, president and CEO of The Leapfrog Group. "Hospitals that earn an A Hospital Safety Grade deserve to be recognized for their efforts in preventing medical harm and errors."

Developed under the guidance of a National Expert Panel, the Leapfrog Hospital Safety Grade uses 28 measures of publicly available hospital safety data to assign grades to more than 2,600 U.S. hospitals twice per year. The Hospital Safety Grade's methodology is peerreviewed and fully transparent, and the results are free to the public.

SSM Health St. Anthony Hospital was one of 855 across the United States awarded an A in the Fall 2018 update of grades. To see full grade details of SSM Health St. Anthony Hospital, and to access patient tips for staying safe in the hospital, visit **www.hospitalsafetygrade.org** and follow The Leapfrog Group on Twitter and Facebook.

Founded in 2000 by large employers and other purchasers, The Leapfrog Group is a national nonprofit organization driving a movement for giant leaps forward in the quality and safety of American health care. The flagship Leapfrog Hospital Survey collects and transparently reports hospital performance, empowering purchasers to find the highest-value care and giving consumers the lifesaving information they need to make informed decisions. The Leapfrog Hospital Safety Grade, Leapfrog's other main initiative, assigns letter grades to hospitals based on their record of patient safety, helping consumers protect themselves and their families from errors, injuries, accidents, and infections.

SSM Health is a Catholic, notfor-profit health system serving the comprehensive health needs of communities across the Midwest through a robust and fully integrated health care delivery system. The organization's more than 40,000 employees and 10,000 providers are committed to providing exceptional health care services and revealing God's healing presence to everyone they serve.

SSM Health in Oklahoma includes SSM Health St. Anthony Hospital - Oklahoma City; SSM Health Bone & Joint Hospital at St. Anthony; SSM Health St. Anthony South; and SSM Health St. Anthony Hospital - Shawnee. SSM Health in Oklahoma also includes four SSM Health St. Anthony Healthplexes, 16 affiliated hospitals, and SSM Health Medical Group with more than 250 physicians and providers.

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Our black belt angel. No amount of words can describe the love that Austin gave to our lives. Shortly before he died, we were discussing a friend's little girl that was on the heart transplant list. I asked Austin and his 16-year-old brother if they wanted to be donors. Austin's response was, "I won't be needing them any more, so sure!" That conversation gave us the courage to honor his wishes a few months later. Working out with friends, he collasped with a heart condition we never knew he had. At 12 years old he left this world too soon, but showed us how to live every day to the fullest. After 4 years in karate he had just received his red belt, and after his death his instructor honored him with his black belt. We are so grateful to be able to call him our son. He will always be our "black belt Love, Dad, Mom and Dillon angel."

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CAREERS IN NURSING MAKING IT HAPPEN: CON ARE COMMUNI

by Vickie Jenkins - Writer/Photographer

Concordia Life Care Community is where you will find the beginning of a whole new lifestyle. This is where you can feel enlightened and inspired every day.

Concordia is where you will be a part of a neighborhood filled with residents who are active and engaged. You will also have the comfort of knowing, if you need it, you will be guaranteed access to assisted living, skilled nursing, rehabilitation, memory care and long-term care.

Meet MeLissa Wilson, MSHM, BSN, RN, Director of Nursing. MeLissa has been a nurse for seven years and has been at Concordia for about a year. "This is actually my second career. I worked at Microsoft, IT but decided to change careers. I wanted to be a nurse; attending Oklahoma Baptist University," MeLissa said.

Asking MeLissa what qualities a nurse should have, she said, "I think listening is one of the better skills that a nurse needs. You have to really listen to what the resident or patient is telling you in order to provide appropriate care, whether it is physical or spiritual,' she replied.

"My favorite part of my job is interacting with everybody. I love the interaction with residents. One thing that I do all day long is SING! Here, we have assisted living, independent living, memory care and long term care. I go around to all of the areas and each unit and sing to them and with them. I see the residents faces light up and see the smiles on their faces. They like the interaction between us too," she stated.

What is your biggest challenge? I ask. "I think I would say 'time.' You know how we seem to run out of time? We seem to be engrossed with one thing or another but at the end; it all seems to work out. I am very blessed to work in such a great community."

When describing herself, Melissa had a big smile. "I am definitely a leader and not a follower," she said. "I am very outgoing and I am a very strong faith oriented person. I am compassionate, loving and really enjoy caring for others."

I asked MeLissa if there was anyone that influenced her about "Yes, it going into nursing. was my mother. At one time, my mother was suffering from terminal Pulmonary Fibrosis. That was a rough time. I do believe that it was my mother that had such an influence on me. I remember caring for her as much as I could. She was a very strong woman,

handling the toughest situations. Also, my grandmother had a big influence on my life and other lives. My mother and grandmother inspired me," she replied.

"Asking MeLissa what she wanted to be when she grew up, she said, "Oh, that's easy, I wanted to be a singer. When I was little, my dad was a pastor in the church we attended. As soon as I was big enough to sing a few words, I had a microphone in my hand, SINGING! I'm still singing in the church," she laughed. "In fact, my whole family sings," she added.

MeLissa has four daughters and a granddaughter and a new grandson. "I like to spend time with my family and I've been spending a lot of time crocheting quite a bit for my grandbabies," MeLissa said. "I also like to paint."

See WILSON Page 5



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Oklahoma's Nursing Times



MeLissa Wilson, MSHM, BSN, RN, Director of Nursing can be found interacting and singing with the residents at Concordia, Life Care Community.

the medical field, she said, "You

would have to have a servant's

heart, stop and listen to the actual

needs, and continue studying, never

giving up. Always remember, the

award after a hard day's work is all

happen and we can do it and all

things work together for his good.

either for yourself or your loved

one, visit their website, or call to

schedule a tour. Discover a life of

doing, in a place you will want to

MeLissa's mantra, let's make it

To learn more about Concordia,

worth it," she replied.

call home.

WILSON Continued from Page 4

When I asked MeLissa if she had any pets, she laughed and said, "Yes, I have five dogs; two Corgis, two Chihuahua and one I-don'tknow." Why so many dogs? I asked. "Well, I have four daughters, a dog for each one and then an extra. Actually, two daughters moved out and their dogs stayed behind. That is why I have five dogs."

When asking MeLissa if she had any advice for someone going into

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Centennial Hospice Opens New Office in Norman

Centennial Hospice, one of the only Joint Commissionaccredited hospice and palliative care providers in Oklahoma City, opened an Alternate Administrative Office (AAO) in Norman, OK. The new office, located at 2600 Van Buren Street near the intersection of I-35 and OK State Highway 9, officially opened on November 1, 2018. Locally owned and headquartered in OKC, Centennial Hospice is a leading provider of highquality hospice and palliative care services, delivering medical, emotional, spiritual and supportive services to patients, families and caregivers experiencing life-limiting illnesses. Since its founding in 2007 by a father and son from Edmond, Centennial Hospice has provided exceptional care to thousands of patients and families in 11 counties surrounding the OKC metropolitan area. Centennial Hospice is a 2018 Hospice Honors award recipient for providing the highest level of quality as measured by Medicare's Hospice Quality Reporting Program.

"Our incredible team of caregivers has provided hospice care to Oklahomans for nearly 11 years and we are thrilled to open a new office in Norman," said Kevin Offel, President & CEO of Centennial Hospice. "While we have always serviced patients and families in South OKC, Moore, and Norman from our primary OKC office, this new AAO in Norman enhances our ability to more quickly address those patients as well as reach additional communities throughout Grady, Garvin, McClain, Pottawatomie, and Seminole counties. This includes patients and families around communities like Minco, Anadarko, Chickasha, Rush Springs, Pauls Valley, Wynnewood, Stratford, Konawa, Seminole, and others." Founder and Board Chairman Michael Crooks credits Centennial's experienced team of clinicians and support staff for its ability to expand service area coverage in Oklahoma. "We could never have considered market expansion without the exceptional service provided by our highly trained team of physicians, nurses, hospice aides, social workers, chaplains, therapists, volunteers and others," said Mr. Crooks.

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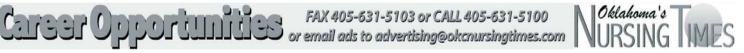
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LICENSED PRACTICAL NURSE

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Registered Nurse PRN positions available for qualified nursing

204 REGISTERED NURSE

New findings cast light on lymphatic system, key player in human health

Scientists at the Oklahoma Medical Research Foundation have broken new ground in understanding how the lymphatic system works, potentially opening the door for future therapies.

The lymphatic system is a network of vessels and lymph nodes that spans the entire body. It is critical for good health and for the body to function properly. Defects in lymphatic vessels cause lymphedema, a disease characterized by dramatic and painful swelling in the limbs that often leads to infections.

Lymphedema can result from congenital mutations, surgery, radiation treatment for cancer or infection, and there is currently no cure. In addition to lymphedema, defects in the lymphatic system have been linked to a wide range of health consequences: cancer, atherosclerosis, Alzheimer's disease and obesity.

Sathish Srinivasan, Ph.D., and Boksik Cha, Ph.D., at OMRF previously discovered that a particular pathway—known as the Wnt signaling pathway—regulates the development of the human lymphatic vascular system. In new research, published in the journal Cell Reports, they've found "the nuts and bolts of this important pathway."

"We have identified the signaling molecules that activate this pathway," said Srinivasan. "We also have learned which cells produce the signaling molecules, how they are used by the cells and how they are used in lymphatic development."

Srinivasan was recruited to OMRF from St. Jude's Children's





Oklahoma Medical Research Foundation scientist Satish Srinivasan, Ph.D.

Research Hospital in 2013. His lab at OMRF has already identified several target genes for lymphedema. Srinivasan said that, after further study, this new information could eventually help researchers develop better therapeutic options for lymphedema and associated disorders.

"This signaling pathway has proved difficult to study, because it is complex and so little is known about how it functions normally, let alone when it goes wrong," said Srinivasan. "Wnt signaling is aggravated and increased in breast cancer and colon cancer, but it is deregulated in diseases like Alzheimer's and lymphedema."

Srinivasan said drug companies are interested in finding molecules that can be targeted, either to promote or inhibit Wnt signaling, depending on the disease. "Our goal is to find whether such drugs could be used to treat humans with lymphedema and see if their disease can be managed, made less severe or even cured," he said.

Other OMRF researchers who contributed to this research were Xin Geng, Ph.D., Riaj Mahamud, Lijuan Chen and Lorin Olson, Ph.D.

This work is supported by the National Heart, Lung, and Blood Institute (grant Nos. R01HL131652 and R01HL133216), the National Institute of General Medical Sciences (P20 GM103441), the American Heart Association (grant Nos. 15BGIA25710032, 15POST25080182 and 16PRE31190025), and the Oklahoma Center for Adult Stem Cell Research, a program of TSET (OCASCR 4340).



Oklahoma's Nursing Times College Nursing Guide (Abbreviated) - another free service provided by Oklahoma's Nursing Times -

PRACTICAL NURSING PROGRAMS

Autry Technology Center www.autrytech.com Enid, OK 73703 Ph: 580-242-2750 Ext 163

Caddo-Kiowa Tech, Center www.caddokiowa.com Ft. Cobb Ph: 405-643-5511 Ext 263

Canadian Valley Tech. Center www.cvtech.org 1. El Reno Campus Ph: 405-422-2341 2. Chickasha Campus Ph: 405-222-7592

Central Technology Center

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

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

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

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

Great Plains Technology Center

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

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

High Plains Technology Center www.hptc.net Woodward Ph: 580-571-6159

Indian Capital Tech Center www.icavts.tec.ok.us

1. Muskogee Campus Ph: 918-686-7565

2. Sallisaw Campus Ph: 918-775-9119 Ext 108 3. Stilwell Campus Ph: 918-696-3111

4. Tahlequah Campus Ph: 918-456-2594

Kiamichi Technology Center

www.okktc.org 1. Antlers Campus Ph: 580-298-6354

- 2. Atoka Campus Ph: 580-889-7321
- 3. Durant Campus Ph: 580-924-7081 4. Hugo Campus Ph: 580-326-6491
- 5. McAlester Campus Ph: 918-426-0940

6. Idabel Campus (McCurtain) Ph:

- 580-286-7555
- 7. Poteau Campus Ph: 918-647-4526 8. Stigler Campus Ph: 918-967-2801
- 9. Talihina Campus Ph: 918-567-2264

Meridian Technology Center www.meridian-technology.com Stillwater,

OK 74074 Ph: 405-377-3333 Ext 324

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

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

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

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

Northeast Technology Centers

www.netechcenters.com 1. Pryor Division Ph: 918-825-5555 2. Afton Division Ph: 918-257-8324 3. Kansas Division Kansas, OK Ph: 918-868-3535 4. Claremore Division Ph: 918-342-8066

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

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

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

Pontotoc Technology Center www.pontotoc.com Ada Ph: 580-310-2258

Red River Technology Center www.redriver.tec.ok.us Duncan Ph: 580-255-2903 Ext 237

Southern Okla. Tech. Center www.sotc.org Ardmore Ph: 580-223-2070 Ext 239

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

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

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

Western Technology Center www.wtc.tec.ok.us Burns Flat Ph: 580-562-3181 Ext 2264

Wes Watkins Technology Center www.wwtech.org Wetumka Ph: 405-452-5500 Ext 277

REGISTERED NURSING PROGRAMS

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

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

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

ext. 796

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

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

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

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

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

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

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

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

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

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

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

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

Western Oklahoma State College www.wosc.edu

1. Altus Campus Phone: 580-477-7830 Altus Campus Phone: 580-477-7830
Lawton Campus Phone: 580-477-7830
Elk City Campus Phone: 580-477-7830 4. Internet-Based Campus Altus Phone: 580-477-7830

BACCALAUREATE DEGREE PROGRAMS

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

3. Ardmore Campus Ph: 580-223-1441 Langston University www.lunet.edu

1. Langston Campus Ph: 405-466-3411 2. Tulsa Campus Ph: 918-594-8070

Northwestern OK State Univ. www.nwosu.edu

1. Alva Campus Ph: 580-327-8489 2. Enid Campus Ph: 580-233-3101 3. Woodward Campus Ph: 580-327-8489

4. Ponca City Campus Ph: 580-718-5600 Oklahoma Baptist University www.okbu.edu

Shawnee Ph: 405-878-2081

Oklahoma Christian University www.oc.edu Oklahoma City Ph: 405-425-5000

Oklahoma City University Kramer School of Nursing www.okcu.edu

1. Oklahoma City Campus Ph: 405-208-5900 2. Duncan Campus Ph: 405-208-5900

Oklahoma Wesleyan University www.okwu.edu Bartlesville Ph: 918-335-6276

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

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

Southern Nazarene University www.snu.edu Bethany Ph: 405-491-6610

Southwestern OK State Univ. www.swosu.edu Weatherford Ph: 580-774-3261

University of Central Oklahoma www.uco.edu Edmond Ph: 405-974-5000

University of Oklahoma www.ouhsc.edu 1. Oklahoma City Campus Ph: 405-271-2428 Tulsa Campus Ph: 918-660-3950 2.

Lawton Campus Ph: 580-591-8094 The University of Tulsa www.cab.utulsa.edu

Ph: 918-631-2619

3.

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

Information on these programs is provided here as a service to the public; however, approval by the Oklahoma Board of Nursing is not required for RN-BSN programs. Please check with the Accreditation Commission for Education in Nursing (ACEN) or the Commission on Collegiate Nursing Education (CCNE) for information on the accreditation status of the programs.

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

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

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

Oklahoma State University www.okstate.edu Stillwater, OK Ph: 405-744-1998

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

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New law expands health insurance coverage of mammography services



Thanks to a new state law that took effect Nov. 1, more women in Oklahoma may be able to get a potentially lifesaving three-dimensional (3D) mammogram to screen for breast cancer.

The new law requires that health benefit plans include coverage for mammography screening, which may include coverage for 3D mammography, also known as breast tomosynthesis.

A 3D mammogram compresses a patient's breast between two plates and takes a series of X-ray images of the breast in "slices" from different angles, much like a CT scan. Computer software then reconstructs an image of the breast so the medical team can get a closer look layer by layer to reveal any abnormalities. This means better breast cancer detection and less of a chance that a patient will need additional tests.

"We are so excited that there is finally a state law that gives more women the opportunity to get a mammogram without an added expense," said Cindy Barghols, supervisor of the Norman Regional Breast Care Center. "Access to mammography — whether a 2D or 3D study — may save lives by revealing breast cancer early."

Research has shown that 3D mammography detects 41 percent more invasive breast cancers and 27 percent more breast cancers overall than conventional 2D digital mammography. There is also a 37 percent reduction in the need for additional (callback) mammograms and an 11 percent reduction in

unnecessary breast biopsies.

Norman Regional Health System has offered 3D mammography since 2015[JB1] . Women who come in for a mammogram can choose between a 2D or 3D mammogram. If a patient's insurance does not cover the 3D mammogram but they prefer the advanced imaging, they can opt for a 3D mammogram with a maximum out-of-pocket expense of \$55.

Mammograms are the single most effective method of early breast cancer detection. For women 40 and older, mammograms should be part of a yearly physical routine. Women who are under 40 and have a family history of breast cancer or other concerns about their risk should speak with their doctor to determine when to begin mammography. Monthly breast self-examinations are also important for good breast health.

Health insurance coverage of mammography services varies by health insurance carrier. Please check with your insurance company to learn more about what services are covered.

To schedule a mammogram at Norman Regional Moore or Women's Healthcare Plaza in Norman, call 405-307-2290. For more information about Norman Regional's breast care services, visit normanregional.com/services/ breast-care-center.





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. Sometimes I can't figure out if I'm in preschool or high school. Oh wait......I'm at work!!! Dealing with difficult almost sends me to a breaking point. Do you have any ideas that could help me preserve my sanity? -Angela

A. Dealing with difficult people is something we cannot escape. They seem to be everywhere, including the workplace. We too can be difficult at times. We could be feeling sick, insecure, anxious or stressed from a myriad of personal reasons.

But there are those who are simply "High Conflict People." Their personality pattern generally includes: rigid and uncompromising, negativity, blaming others, and difficulty empathizing.

Difficult people may fall into one of the following categories: Whiners, Know-it-alls, Bullies, Passives, Negatives, Yes-people.

When strategizing how to deal with difficult people think of the following: Connect with EAR statements (or calming unmanaged emotions). Calming the right brain soothes the highconflict person's defenses.

E - Empathy "I can understand how upsetting this is"

A - Attention "I hear how important this is for you - tell me more."

R - Respect "I respect how hard you have been working on the project."

Here are more tips to use in a situation with a difficult person:

1. Be aware that normal logic really doesn't work - remember they can not see that their behavior is an issue.

2. Understand that your primary goal is to contain the situation, not to make them see the light.

3. Keep your interaction brief - focus on the facts.

4. Try to remain friendly which lowers the risk for person to become defensive.

5. Sound confident, state your information but don't continue to have a back and forth conversation.

6. Avoid trying to give insight, its useless.

7. Don't open up their emotions or react with your own intense emotions---they can't handle them very well.

8. Focus on what you can do & on your responses, don't try to change them.

When you realize you are in the path of a difficult person the first thing to do is change paths, but if it is impossible then practice some of these suggestions. They aren't going away so the challenge is how to deal with them and take care of you!!!! Oklahoma's Nursing Times



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in a million?\$00,000 Oklahomans
are in need of
MENTAL HEALTH
services.

Doing what's right isn't always what's easiest. But as part of the United Way of Central Oklahoma, you're not afraid of these questions. You're part of the answer. Raise your hand and stand with us. Give today at **StandUnitedOKC.com**

