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Information for the Oklahoma Nursing & Health Care Professional

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Noelene Morton is the Director of Nursing at Epworth Villa. Caring for others is a true passion of Noelene's, making her an excellent nurse.

by Vickie Jenkins, Staff Writer

Epworth Villa where their purpose is enhancing lives so people thrive. Their mission centers on providing a perfect balance for each individual as a whole person.

This is where you will find the best of nurses, helping the residents in whatever they need. It is also where you will find, Noelene Morton, Director of Nursing, a very cheerful individual, wearing many hats with her numerous responsibilities throughout the day. "I love working here at Epworth Villa," she said.

Noelene's father was in the Military so she grew moving and moving again. "I grew up in all of the states except for two," she

commented. "I've lived here in Oklahoma City, OK for 30 years. When I graduated from high school, I went right into nursing school at OU. I've been a nurse for 28 years and have been here at Epworth Villa for almost 3 years."

Asking Noelene what qualities make a good nurse, she said, "A nurse has to have compassion, able to work as a team, a lot of passion and definitely flexibility. We never know what the day will bring."

One of Noelene's favorite things about her job is when she gets to go out onto the floor and work with the nurses and aides, taking care of the residents. "It brings joy to my heart as I see the hard work and teamwork that the nurses are doing," she said with a smile.

The biggest challenge that Noelene has is the fact that she always wants to understand the staff as well as the residents. "I want to make sure that I understand what's going on with the nurses and I can communicate with the staff as well as the residents and we can all work together."

What advice would you give to someone going into the medical field? "I would tell that man or woman to be prepared to put your heart into everything. Yes, there will be some hard days, but it is all worth it at the end of the day," Noelene replied.

Noelene considers herself as a leader and a follower. "I never wanted to be the boss but as I get older, I know that I can step up and be a leader

See MORTON Page 2

## MARCH OF DIMES HONORS OU MEDICINE NURSE AS NURSE OF THE YEAR

The March of Dimes Oklahoma Chapter recently honored an OU Medicine nurse at its annual Nurse of the Year awards. Mandy Nelson, APRN in the medicine specialty unit at OU Medical Center, was named Nurse of the Year in the Advanced Practice category.

The Oct. 4 event celebrated nurses in more than a dozen categories, all of which were nominated by colleagues, supervisors or families they have served, according to the March of Dimes website. A selection committee of health care professionals selects the most outstanding nurse in each category.

Two additional OU Medicine nurses, Callie Tkach, RN in the NICU at The Children's Hospital, and Susie Jones, APRN and Vice President of Quality/Safety and Nursing Practice at OU Medicine, were finalists in the Neonatal/Pediatric and Advanced Practice categories, respectively.

"Mandy and our finalists, Callie and Susie, are incredibly deserving of this honor," said Cathy Pierce, Chief Nurse Executive at OU Medicine. "Our nurses work tirelessly to improve the lives of our patients and families. They truly represent the best in their fields and the best of OU Medicine."



Mandy Nelson, APRN in the medicine specialty unit at OU Medical Center, was named Nurse of the Year in the Advanced Practice category.



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### MORTON Continued from Page 1

when I want to be. I don't mind being a follower either; I just don't like to stand alone. Teamwork is important to me. I am happy doing both," Noelene commented.

Noelene is married to a wonderful husband and has 4 daughters; 27, 22, 19 and 17. "Yes, we have a lot of drama around the house," she said. "None of them followed in my footsteps to be a nurse but they all have very caring jobs," she said. "I guess they got that part from me." Noelene has one precious granddaughter and one grandson on the way.

Noelene's hobbies include crocheting, playing the piano and baking. "My daughter can always tell if I am stressed," she said. "I'm baking something in the oven and playing the piano. You know, I think she's right!"

Describing her personality, Noelene says she is bubbly, cheerful, energetic, and adventurous and likes trying new things all the time. When she was a little girl, she wanted to grow up and be just like Ouincy, Medical Examiner: A TV show about Quincy, a forensic pathologist. "Oh well, I think I was better suited to be a nurse," she said with a laugh. Ending with an incident of Noelene's early years I was a new nurse at an assisted living facility. An older lady came in, entering each room, searching for one of our residents her husband. She just knew that her husband was in the room with another woman! The charge nurse was trying to stop the woman from opening up the door to the resident's rooms, trying to explain what was going on. The nurse had entered the room where the woman's husband was. As the angry wife entered, she thought the charge nurse was her husband's mistress. The wife picked up a pitcher of water and poured it on the nurse's head. Surprisingly, the nurse didn't get mad and said, sometimes, you just have to roll with it! The nurse didn't get mad at all. (Perhaps, the charge nurse was flattered at the thought of the wife being jealous of her!) Hmm.

Noelene has a few words that she lives by every day; at home and at work: 'Give Grace.'

### 2018 March of Dimes Nurse of the Year Winners Announced

The March of Dimes recently held their annual awards banquet and, as usual, INTEGRIS was well represented.

Etta Nelson from INTEGRIS Canadian Valley Hospital received the night's highest honor, the Lifetime Achievement Award. Etta has been with INTEGRIS for 44 years and is most deserving of this prestigious accolade.

Go to the link below to learn more about her contagious personality and amazing career:

### https://integrisok.wistia.com/medias/187498z655

In addition to the Lifetime Achievement Award, INTEGRIS also had 19 Nurse of the Year Finalists; five of which actually walked away with the prize.

The Nurse of the Year winners are listed below:

• Stacey Purintun - Emergency

Services, INTEGRIS Canadian Valley Hospital

- Teresa Gray Nursing Administration, INTEGRIS Canadian Valley Hospital
- Christine McMurray -Nursing Management, INTEGRIS Canadian Valley Hospital
- Kelli Langdon Surgical Services, INTEGRIS Canadian Valley Hospital
- Connie Brasier Women's Services, INTEGRIS Canadian Valley Hospital

You'll notice all of our winners come from INTEGRIS Canadian Valley this year!!!

The coveted award is designed to recognize nurses who demonstrate exceptional patient care, compassion, and service and play a critical role in improving the health of Oklahoma's residents.



The Edmond Republican Women's Club donates books to babies born at INTEGRIS Health Edmond.

It's part of the Babies First Book program. The book "On the Night You Were Born" was given to all of the babies born at the hospital during the month of September in honor of National Literacy Month. This is the third year the group has made this type of donation.



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### CAREERS IN NURSING

### CAMPUS NURSE CALLS THE SHOTS: SOUTHERN NAZARENE UNIVERSITY

by Vickie Jenkins - Writer/Photographer

Are you one of those people that feel like you have to stay busy all the time? Apparently, Angie Hattler is. Angie is a pleasant individual that is an RN, Director of the Student Health Center at Southern Nazarene University Campus and is an Infusion nurse at Option One Infusion Pharmacy. Going from one job to the other, Angie's focus remains on her patients. With a southern accent, a big smile and a bubbly personality, it is obvious that she is happy and loves helping her patients, and likewise, her patients love her.

Angie has been a nurse for 7 years and has been working at SNU and Option One Infusion Pharmacy for 5 years. She grew up in Jonesboro, Arkansas and came to Oklahoma, attending OCCC for her RN degree and received her BS degree from SNU.

Asking Angie what qualities

make a good nurse, she replied, "Kindness, caring and compassion but the most important is being a good communicator. Knowing how to talk to the patients and having the patients understand is HUGE!"

"I am a very positive person. I have a strong work ethic and a solid relationship with God. I live a happy, healthy life," she said.

Angie has always had a desire to help others, in one way or another. "I came to SNU when I was 18 years old, starting off with a nursing major and changed to education. I taught Biology and Science in the Yukon Public Schools for 18 years, then went back to achieve my other passion of being a nurse. It is amazing how much my education degree has helped with my medical degree," Angie said.

The favorite part of Angie's

job is the fact that she loves working with patients, students, families and making a difference in people's lives. "An awesome asset of being an RN is knowing that there are a million opportunities in the medical field due to different aspects of being a nurse. I love my job but since I love learning too, I am going to get my certificate for cosmetic nursing (Botox and filler classes) next week in Colorado. I just want to keep working and learning," she stated.

What is your biggest asset at work? "Having amazing people to work with. At SNU, I have an amazing doctor to work with, who is not only my boss, but is a precious mentor to me, Dr. Ami Siems. She answers all of my crazy questions, teaches me daily and is so kind. There are other ladies that I enjoy working with. It is a fun place to work," Angie

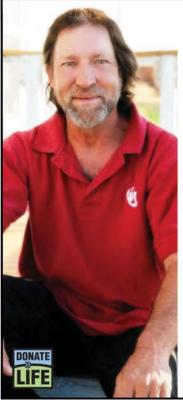
replied. "We laugh a lot!" she added.

If Angie were to give advice to someone going into the medical field, she would tell them, "Stay with it! Work is hard and your job will be hard but when you are finished, you will be so glad you stuck with it, not giving up. You will make people healthy and you will have a great sense of doing well in this world. Being in the medical field, you can be a different maker every day. Wellness includes 3 things; physical health, mental health and spiritual health. Being an RN, you get to teach all of them every single day. I love my job," she answered.

Angie has two sons, Tyler, 25, a 2016 SNU graduate and currently an OKC firefighter and is married to a precious girl Haley. Angie's other son, Trenton, 21, is a business

See HATTLER Page 5





Thomas enjoyed fishing, cooking, gardening and football and felt at peace with the mountains and the great outdoors. He was a family man, and enjoyed spending time with his family, including 11 grandchildren! He enjoyed all kinds of animals, but especially his dog, 'Tiny Girl'. He had a kind and gentle soul, and gave freely with everything he had. After a fatal aneurism, he was able to save the lives of two others by donating his kidneys, and changed many other lives with the gift of tissue donation.

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at www.LifeShareRegistry.org. 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.





Angie Hattler, RN, Director of the Student Health Center at Southern Nazarene University tends to Baylor Redwine, Senior student.

### HATTLER Continued from Page 4

major in his junior year. "One of the most important things to me is making sure my 2 sons get a good education. I am so proud of my boys," Angie said.

Even though Angie works 2 jobs, she still has time to spend with her friends and family. She enjoys spending time working out, walking, running and bike riding, going to sporting events and working in her yard.

Ending with a little humor,

I asked Angie if there was a certain incident that happened to her when she was a new nurse. "Well, when I first got out of school, I worked at Oklahoma Heart Hospital and the charting was INSANE! Going from teaching to nursing, charting was very difficult for me. As a teacher for 18 years, I made sure to write in complete sentences. As a nurse, when it came to charting, everything is abbreviated. I still have a hard time knowing what some of those abbreviations mean," Angie said.

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## Special Care Unit nurse receives DAISY Award



Tammi Holden, MAAL, BSN, Chief Nursing Officer; Glinda Huitt, MSSL, BSN, OCN, Assistant Vice President of Nursing; CTCA Tulsa DAISY Award winner Judy Charles, SCU, RN; Jay Foley, CTCA Tulsa CEO; and Maloree Hamel, BSN, RN, Special Care Unit Manager.

Loving your job and enjoying what you do is not a something everyone experiences. Judy (JT) Charles, SCU, RN at Cancer Treatment Centers of America (CTCA) Tulsa, is one of those lucky few. And her patients and their caregivers appreciate her positive attitude.

JT has been with CTCA Tulsa for a total of seven years and was recently recognized with a DAISY Award. CTCA is a hospital-partner with the international DAISY Award program, which highlights and rewards one nurse per quarter for extraordinary, compassionate and skillful care demonstrated in their everyday work.

After growing up in Sand Springs, JT has lived in Verdigris and Inola for the last 26 years. She received her BSN from Langston and went on to get her MSN from the University of Oklahoma.

According to JT, nursing was

a choice that made sense for her because "it's the largest profession in healthcare and will only continue to grow in strength and voice."

"Nursing degrees can be challenging to earn in healthcare, but to me, the professional and personal rewards are the richest," she explained. "Originally, I planned on obtaining my undergraduate nursing degree and using it to go into medicine. With knowledge of the philosophy of nursing and witnessing the profound effect nurses have on patient and family outcomes, 15 years later I am happy and proud to be a nurse."

Her passion for the medical field continues through her volunteer work. She has provided medical support for Cheyenne Frontier Days Contract Acts-Security. She also served eight years with the United States Army Reserves.

See DAISY Page 10



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### 140 GENERAL NURSING



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### 140 GENERAL NURSING



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### SPECIAL EVENT

### AONP to host annual conference in Tulsa Oct. 17-19

The Association of Oklahoma Nurse Practitioners announced that early registration is now open for the organization's annual conference. The conference will take place Oct. 17-19 at the Renaissance Hotel and Convention Center in Tulsa.

"After several years at the same venue, we wanted to give our members a new experience, and this makes the conference more accessible for those in the Tulsa area who couldn't attend in the past," said AONP President Margaret Rosales.

The annual AONP Conference has grown to host nearly 400 nurse practitioners from across the state. The conference will offer workshops and seminars on a range of health care topics, including hypertension, obesity, coding and reimbursement and legislative advocacy.

"This year's sessions cover everything from keeping up with the latest advancements in medicine, to running a practice, to advocating for the profession in halls of the State Capitol," Rosales said. "There will be sessions to benefit every nurse practitioner at every level of experience."

Conference organizers are offering discounted registration rates for students and for AONP members. Early registration discounts continue through Sept. 30. Conference sessions will be submitted to the American Association of Nurse Practitioners and to the Oklahoma Board of Nursing for continuing education credits.

For more information or to register for the conference, go to npofoklahoma.com.





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Oklahoma Nursing Student Convention 2018

### October 26th, 2018 7am - 5pm

Marriott Conference Center & Hotel at NCED 2801 East State Hwy 9 Norman, Oklahoma 73071

Check out the ONSA website for more details!

WWW.OKNSA.NET

Oklahoma Nursing Student Association

Oklahoma Nursing



### 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
- Muskogee Campus Ph. 918-706-7363
   Sallisaw Campus Ph: 918-775-9119 Ext 108
   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

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:

### Western Oklahoma State College

www.wosc.edu

580-595-7188

- 1. Altus Campus Phone: 580-477-7830 2. Lawton Campus Phone: 580-477-7830 3. 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

Lawton Campus Ph: 580-591-8094

The University of Tulsa www.cab.utulsa.edu Ph: 918-631-2619

Ph: 918-781-7325

Ph: 405-744-1998

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

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

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

Oklahoma State University www.okstate.edu Stillwater, OK

- 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

### DAISY Continued from Page 5

Family is important to JT, and her passion for helping others has been passed down to her three kids. Raevyn, her oldest, is an Intensive Care Unit nurse in Tulsa. Shelby was a CNA for two years and is now finishing cosmetology school, while her youngest, Chance, is finishing high school and hopes to join the Marines.

When JT is not working with her patients, she enjoys nature and the outdoors.

"I love working in my yard, it's so relaxing and rewarding," she said. "Being outside is one of my

favorite hobbies, and I'm looking forward to re-exploring my love of hiking and riding horses."

Others in the hospital see JT having an extremely positive effect on the patients and families she comes into contact with on a daily hasis

"JT has been amazingly vigilant – she never gets upset or angry," said a CTCA patient's caregiver. "Even when my father-in-law refused to listen or was combative with her, she always had a smile. And she has fun at her job! She obviously loves what she does. The world needs more people like JT – compassionate, caring, and simply amazing."

### OMRF recruiting volunteers for sarcoidosis research

The Oklahoma Medical Research Foundation is seeking volunteers who have been diagnosed with sarcoidosis to provide blood sample donations for OMRF's Sarcoidosis Research Unit. For the studies, OMRF also needs healthy volunteers to serve as controls.

Sarcoidosis is a rare disease where cells in the immune system that cause inflammation overreact and cluster together to form tiny lumps called granulomas. These granulomas can form in the eyes, liver, skin and brain and most often are found in the lungs. If too many of these granulomas form in a single organ, they can cause the organ to malfunction or even fail.

The disease strikes 39 in 100,000 African Americans, versus only 5 in 100,000 Caucasians. A recent study showed that the mortality rate is nearing 7 percent.

OMRF's Sarcoidosis Unit, which launched in January, is the only one of its kind in the state. It's funded with a federal grant from the National Institutes of Health.

"The disease is not well understood, but it's thought to involve both genes and environmental factors," said OMRF's Courtney Montgomery, Ph.D., who leads the Sarcoidosis Unit. "Through this and other research studies, we're working to identify the genetic factors that cause sarcoidosis in order to improve diagnosis, treatment and patient outcomes."

For this research study, participants will undergo a screening process, complete questionnaires and donate a

small blood sample to be used for research. Volunteers will also be asked to provide consent to review medical records and request previous biopsies related to the disease.

No treatment is administered, but the information gathered can give researchers a clearer picture of the disease and how it progresses. The blood samples will be examined in the laboratory to look at the genetic makeup of patients versus healthy controls to help scientists identify triggers or biomarkers for the disease.

In less than a year of operation, OMRF's Sarcoidosis Unit has already made significant strides in better understanding the disease.

"The traditional thinking on sarcoidosis was broken into two camps: either it's an autoimmune disease or it's an infectious disease," said Montgomery. "Our preliminary findings are strengthening the argument that this disease has components of both."

Montgomery said the goal is to enroll 200 patients in this new research study and match them with the same number of healthy controls. Participants will be compensated \$20 per visit for their time and effort.

To participate in the study or for more information, please call the Sarcoidosis Research Unit at 405-271-2504 or toll-free at 800-605-7447 or email sru@omrf.org.

Funding for the study was provided through grant number R01 HL113326-06A1-05 from the National Heart, Lung and Blood Institute.



Vicki L Mayfield, M.Ed., R.N., LMFT Marriage and Family Therapy Oklahoma City If you would like to send a

If you would like to send a question to Vicki, email us at news@okcnursingtimes.com

Q. Lindsey called to make an appointment. She shared some basic information, we set the date but before we hung up, Lindsey asked if I prescribed drugs. I told her no and she immediately cancelled her appointment. Why are people asking for drugs to solve their problems?

**A.** I do not have prescription authority, nor do I want to prescribe drugs. It is a liability that I do not wish to experience. Nor do I want people to attend therapy and look to drugs for the answer. If it looks like medication might be necessary, I have doctors for referral, but it is always as a last resort.

The ease in which people are obtaining drugs is alarming. I recently talked with someone who told me about paying \$200.00 cash for a month supply of Suboxone, NO QUESTIONS ASKED BY THE DOCTOR. According to this source, the waiting room was full.

Do you know how many people tell me on the phone or during their first therapy session that they are Bipolar and take meds? During the assessment I ask them to describe their episode or episodes of mania. They often look at me like I have two heads and state, "I don't know what mania is" or they say "I have never been manic." I explain the symptoms for mania to make sure we are talking the same language and again they reply with "no mania." But they are medicated.

Have you ever taken a drug and had side effects from that drug? So here is a too familiar scenario:

Susie's doctor prescribes an anti psychotic for anger dyscontrol. One of the side effects is weight gain. Susie puts on an extra 20 pounds quickly. Her doctor prescribes another medication to decrease her appetite. She is also taking a pill for depression. She starts having stomach discomfort so she gets a pill for acid reflux. Now she is constipated so she gets a pill to make her go to the bathroom. If you think this is fiction, you are wrong. It is being played out all over America.

And Big Pharma loves it!!!!! They are getting richer and richer and Americans are more drugged than ever!!! We cannot continue this craziness!!!

Therapy is not about taking drugs to solve your problems. It is about doing the work. Sometimes it is hard, you cry, you get angry, you get insight and you get better. But you have to do the work!!! There is no magic pill!!!



### NURSE - TALK

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

If your life were a book, what would the title be? Epworth Villa

Changing Lives One Day at a Time



Katrina Spencer, CMA

The Adventurous Caregiver



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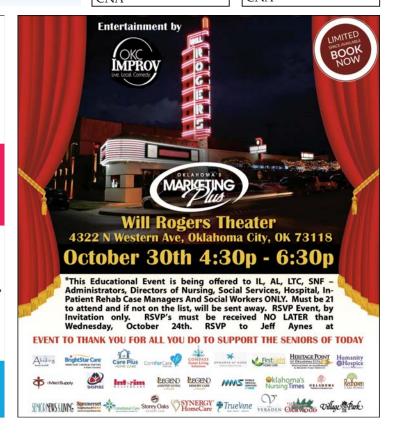


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you're not afraid of these questions.
You're part of the answer. Raise your hand and
stand with us. Give today at

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