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Exemplary care Children's Hospital nurses among best



photo by James Coburn

From left, Jaye Robertson, RN, director of Pediatric Intensive Care Services; Amber Mitchell, RN; DeAnna Weaver, RN; Hannah Vinh, RN; Megan Johnson, RN and Jazmin Velasco, RN are a remarkable team of professionals dedicated to the lives of children.

by James Coburn
Staff Writer

The Children's Hospital
at OU Medical Center in

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See BEST Page 3

Empathy and compassion

*Registered nurse
understands seniors' needs*



photo by James Coburn

Hannah Goodspeed, a registered nurse at Baptist Village ,
enjoys working with seniors, making their lives better, and
exchanging kind words.

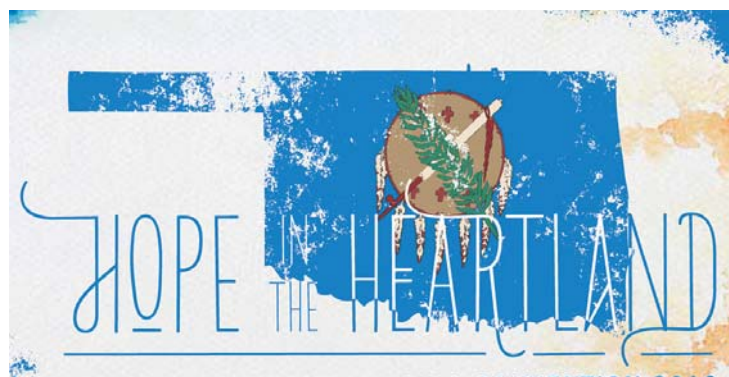
by James Coburn, Staff Writer

Hannah Goodspeed, a registered nurse at Baptist Village
in Oklahoma City chooses long-term care because the
senior generation of elders has a good outlook on life, she
said.

"They are easy to care for and are appreciative most
times. They are just gentle and sweet and I really like
caring for them," Goodspeed said.

Goodspeed has been a registered nurse for nearly
three years. She was a licensed professional nurse for
a year before transitioning to an RN. She was living

See GOODSPEED Page 2



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GOODSPEED

Continued from Page 1

in Elk City when she engaged in an online LPN to RN program at the Western Oklahoma State College. She had studied to become an LPN at Western Technology Center.

Two years ago Goodspeed accepted a nursing position at Baptist Village where she immediately had an affinity with the staff and residents of the retirement community that has a continuum of care from independent living to long-term care.

"I've worked in long-term care for eight years now and the administration and the people here genuinely care for their staff members," Goodspeed said. "That is not always easy to find."

She found the nursing staff to be not only task oriented, but compassionate professionals dedicated to their mission. Nurses are detail oriented so rarely does anything go unnoticed. There is always someone to pitch in.

"They are genuinely caring towards their patients," she said.

In order to serve at Baptist Village the nurses have to be attentive, punctual and trustworthy, Goodspeed explained. Timeliness is a key factor.

She did not always want to be a nurse. Goodspeed said she did not have a career in mind when she started out as a dishwasher in the Corn Heritage Nursing Village in Weatherford. She also cooked for a brief time and did housekeeping.

"I started to see the nurse aides working on the floor and I kind of admired them," she said. "So I was a nurse aide for a long time and then I decided to further my nursing career into being a nurse."

Nurse aides have a tremendous quantity of patients to care for during their careers. The patients have needs that need to be recognized quickly, Goodspeed said.

"You learn this person needs this at this time and this other person is going to need this at this time," she continued. "You definitely learn how to manage your time very well."

"You also learn that just being kind makes people's outlook on life a lot better."

She also meets a lot of kind residents with interesting stories that makes it fun for Goodspeed to listen to what they have to say. At times she meets people when they are down

and depressed about their lives. They just want someone to talk to, she said.

Goodspeed learns about history by first-hand accounts about having served the country in the Vietnam and Korean wars.

"It's not very common anymore in this time, but they've been married for 50 or 70 years. It's so long and I like to ask them 'What's your secret?' They just basically say you just have to work through your fights and don't give up on each other."

She has also has retired nurses for patients. Goodspeed said you would think they would be non-compliant patients with everything they know.

"But that is not the case," she said. "They are actually very helpful. They've had some experiences over the years. So it's interesting to listen to their take on care."

"They've learned some different ways that are not always taught but are effective. So it's interesting to listen to what they have to say about care."

Nursing was different years ago. One of Goodspeed's former bosses told her about the time when a nurse was not on staff during night shifts. A nurse would be home on call and if something happened a nurse would go to work.

"Nowadays that is definitely not how it works," Goodspeed said.

Today's long-term care centers have more of a reputation for living life to it's best. It is not a place where people go to die. They live life to it's fullest.

"It's a better quality of life," Goodspeed said. "Long-term care has definitely made a turn for the better. They have made better measures to increase the quality of care."

It takes a lot of strength to sell your house and move to a place with new people to meet and also to rely on people to care for your health.

"But most of them have a really good outlook on it, especially given the circumstances," Goodspeed said.

Goodspeed said it makes her hopeful that there are so many medical advances to help people age more gracefully. Many of the people she meets in skilled nursing are in their 90s. These people continue to be mobile and are able to care for themselves at home, she said.

"That's a great advancement. Twenty years ago, that wasn't the case."

BEST

Continued from Page 1

Robertson said Children's Hospital is in a unique position of all hospitals in Oklahoma City to focus on the needs of a child. A common phrase at Children's Hospital is "Children aren't just little adults. They're different."

The staff is specially trained to recognize those differences in order to be able to provide the specialized care children need. Children come to the Pediatric Intensive Care Unit when they have complex needs. Robertson said she admires the nursing staff for their skills because she has witnessed them doing amazing things with children.

"Their hands are so skilled that they just do it automatically," Robertson said with her eyes welling up in tears. "They love what they do. It's too hard to do what they do if you don't love it."

She has seen those skills coupled with so much love and compassion for families. A prayer service was held recently for a child on the eighth floor who was going to have surgery. The nurses make signs for the children's bedsides and special gifts for their parents. Nurses spend enormous

quality time teaching parents about their child's illness.

"They see some of the most tragic things you can imagine, people who lose their children through traumatic accidents, horrific illnesses. They deal with all of that emotion and they come back the next day with smiles on their faces ready to do it all again," Robertson said.

Amber Mitchell, RN, said the nursing staff sees many successes among the children. She tells her family, "My job is to keep kids alive." And she performs that job well. Even when there are not good outcomes with patients, it matters to Mitchell to know she was part of a process of the best treatment made possible.

"To me it's an honor no matter what -- when helping a parent say goodbye to their child," Mitchell said. "But the successes are really big wins."

Sometimes a win is a matter of closing a baby's chest and they tolerate it. A couple of days later the nurses are able to remove the baby's breathing tube. So the nurses, Mitchell said, will celebrate those milestones along the way.

As days progress, Mitchell is able to tell the parents what to look forward to with their child. Families

are excited when seeing the tubes and wires being removed from their children for a good outcome.

"We get to put babies in their mother's arms the first time after surgery," Mitchell said.

DeAnna Weaver, RN, said the field of pediatrics works for her because she was inspired by her mother who works as an early childhood teacher. She has always known she wanted to work with children. It's where she wanted to be.

"I come into work. I enjoy it. I want to be around children all the time," Weaver said.

The nursing staff is in a continuous learning mode.

Hannah Vinh, RN, updates her skills from year-to-year with continuing education offered at Children's Hospital. Classes and in-services provide opportunities to develop, Vinh said. Updates for best practices in tubing are valuable, she added. They also attend Extracorporeal Membrane Oxygenation classes.

"A lot of times adults have a voice of their own. They can speak and tell you what they want," Vinh said. "Pediatrics is a completely different thing. They aren't helpless, but they can't speak up for themselves."

The nurses must understand vital

signs and pay attention to the most subtle aspects of nursing.

"Their families become your family," Vinh said. "You feel what they feel. Their losses are your losses," she said.

Megan Johnson, RN, said the nurses support each other by listening to them vent. They bounce questions off each other about methods of treatment. There are neighboring nurses, charge nurses and supervisors to help when a nurse is having a hard day.

"One day we were so busy that our manager charted for me about the patient I was with the entire day, because I could not leave the room that I was in," she explained.

Children's Hospital is a microcosm of how the whole world should be.

"We have a fish bowl that allows us to write little notes to our coworkers, our NPs or our PAs, anybody that works with us to give them a little love note," Johnson said.

Jazmin Velasco, RN, is new at Children's Hospital and is orientation. Johnson is training her. She cannot help to admire the resilience of families she meets.

"Even when things aren't going so well, they still hold on to the hope that things can change in a matter of minutes," she said. "It can turn out to a good outcome."

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CAREERS IN NURSING SKILLS AND CONFIDENCE - AT HOME AT OU MEDICAL EDMOND

by James Coburn - Writer/Photographer

Michelle Barker has found her niche working in the recovery room at OU Medical Center Edmond.

"You never know how people are going to wake up. So every day is totally different," said Barker, RN. "The patients are totally different so that keeps it fresh."

She earned a bachelor's degree in journalism and public relations at the University of Central Oklahoma before becoming a registered nurse. She also earned an MBA.

Barker is a registered nurse at OU Medical Center Edmond. She has been a registered nurse for 10 years and a licensed practical nurse for two more years.

She had always wanted to work for a newspaper and did some work in marketing. When she married, Barker began thinking about a nursing career while hearing about a shortage of registered nurses in the United States.

"I always liked moving around. I didn't like sitting that much; I always

liked people," Barker said.

So she became an LPN in 11 months. She liked it a lot but knew the work of an LPN is more limited and she wanted the career flexibility offered by being an RN, she said. Barker went to Rose State College where she earned an associate's degree. She had worked in home health but preferred focusing her career in the dynamics only a hospital offers.

She began working in the Neonatal Intensive Care Unit at Children's Hospital at OU Medical Center for four years.

"It just got a little stressful at the end, so I switched over to the children's PACU (post-anesthesia care unit), and I did endoscopies down there, too," she said. "I really liked it."

She had her second son at that time. Her family lives in Edmond and when she saw there was a job opening at the adult PACU at OU Medical Center Edmond four years

ago, she transferred there to be closer to home. It only takes her 10 minutes to get to work.

"I really like OU Edmond. Everybody is super friendly here -- especially the department I work in," Barker said. "It's a pretty small department. There's only four of us full-time nurses and then we have two PRN people."

"Everybody is so family oriented, friendly, and if you need something everybody is willing to help you."

Nurses need to be prepared for how their patients wake up from surgery. Everyone is different, she said. Serious situations may sometimes arise such as patients having breathing problems.

"So you have to think pretty quickly, too," she said. "Pain control is a big issue, so you have to know about narcotics and work with the anesthesiologists. All our anesthesiologists here are amazing. I love working with them and we all have a really good relationship."

Patients will come out of surgery and she gives them oxygen. Barker links them to a monitor and always looks to their comfort and safety. Then she watches them to make sure they wake up, she said.


"Sometimes people try to jump out of bed and do crazy things, so I keep them safe, watch their vital signs and watch their breathing," Barker said. "If they need pain medicine I'll give that to them. A lot of people get nauseated so I have to give them anti-nausea meds."

Everyone is different. Some people need an extra hour to wake up. They are usually surprised their surgery is finished. Barker does a lot of reorienting. Some of the surgeries last eight hours.

"Those patients wake up and they're just amazed how much time they've lost," Barker said.

A recovery nurse needs to work as a team, be prepared and think quickly, Barker explained. She admires


Continued on next page


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Michelle Barker's team spirit is an asset to patients and staff where she works as an RN at OU Medical Center Edmond.

the nursing staff for working together, she said. They are all well-seasoned PACU nurses, she continued.

"Actually all of us have worked together for a while. Three of the four nurses -- we've all worked together for four years now. They've been here longer than me, so we can all anticipate what's going to happen or what a person needs," she said. "And so we can jump in and help each other."

All of her past nursing experiences combine to make her a better nurse today, she said, probably because she has seen and been involved as a nurse

with different things. Barker said she can pull from different experiences when handling challenges.

"I can say this happened to me one other time and I did this -- and that worked," Barker said.

She recalled being a new nursing school graduate and working with babies. At times she was scared to go to work because she never knew what would happen, Barker said.

"Now that I've been a nurse for 12 years, I'm much more confident with my skills. I'm comfortable. It's easier for me to talk to a patient," she added.

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Letter to the Editor:

Awesome report. You recently published an article in regard to Rosemary Klepper and her retirement. Bravo to you! I was very fortunate to have graduated from the nursing program at El Reno Junior College in 1986. I was the only male student in my class. Rosemary Klepper was far more than an educator. She is a mother figure to me then and now. I still maintain contact with her and her family. I can promise you that I would not have completed the nursing program without the help of Rosemary and the Klepper family. My last year of nursing school started off poorly. I was living in a section of a mobile home. The rats would scratch on the walls every night often while I studied and definitely while I slept. Rosemary and her family allowed me to move into their home and I was able to comfortably finish my senior year. I can truly say they saved and changed my life. I now live in Ohio, and currently serve as Vice President of Clinical Services for a company that has 20 facilities and looking to grow. I serve on many State and National committees for quality. I help to improve the quality of care for my residents, patients, and workforce. You see, Rosemary Klepper had a profound influence on my education, nursing practice, and my life. Thank you, for the wonderful article.

Sincerely,

Thomas Boyes RN-BC, AT, WCC, BA

Vice President of Clinical Quality Altercare of Ohio



Rosemary Klepper works as project/case manager for Canadian County Health Access Network and is instrumental in helping families find health care resources.

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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 Meridian, Oklahoma City, OK
73107 405-949-1200

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

Heartland Hospice: Shawnee: Vol. Coord. Karen
Cleveland, 405-214-6442; OKC: Vol. Coord. Tricia
Woodward, 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
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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

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Matt Ottis, Vol. Coordinator, 405-608-0555

Nurses Play Critical Role in Supporting Breastfeeding *Leading Nursing Journal Publishes a Study on the Factors that Affect Breastfeeding Confidence*

The benefits of breastfeeding are well established, and factors that affect breastfeeding outcomes have been reported. Many of these factors are not modifiable. However, other modifiable factors, including self-efficacy or confidence, can be useful as elements to design interventions to attain breastfeeding goals. In a recently published survey, the investigator found that "breastfeeding confidence was positively correlated with birth satisfaction, partner support of breastfeeding, intention to breastfeed, intention to breastfeed exclusively for six months, and feeling prepared for birth."

The September/October 2016 issue of Journal of Obstetric, Gynecologic & Neonatal Nursing (JOGNN) from the Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN), includes a study in which the author examines the psychosocial factors that can affect breastfeeding confidence in mothers in the postpartum period. In "Predictors of Breastfeeding Confidence in the Early Postpartum Period," author Katherine Hinic, PhD, RNC, APN, identifies these key factors and recommends specific strategies that nurses can use to enhance the confidence of, and promote sustained breastfeeding among, new mothers.

For many women, positive birth experiences and breastfeeding confidence can be achieved in part through effective communication and involvement in decision-making during labor and birth. Nurses and other women's health care providers should be educated about how modifiable, psychological factors, such as breastfeeding self-efficacy, can be used to inform the design of effective strategies for breastfeeding support.

"This study reveals critical data points that underscore the pivotal roles nurses play in helping new mothers establish breastfeeding confidence and consequently in supporting infant and maternal health," said AWHONN CEO, Lynn Erdman, MN, RN, FAAN. "AWHONN supports breastfeeding as the ideal method for feeding infants."

Sixty percent of women stop breastfeeding earlier than planned, even though breastfeeding infants during the first year of life can significantly reduce morbidity rates and foster healthy outcomes for the women and infants. According to Hinic, breastfeeding self-efficacy is one of the most significant predictors of breastfeeding success, and mothers who are more confident about breastfeeding in the early postpartum period are more likely to breastfeed longer and have higher levels of exclusive breastfeeding.

The Journal of Obstetric, Gynecologic, & Neonatal Nursing (JOGNN), is an internationally ranked scientific and technical journal published bimonthly by the Association of Women's Health, Obstetric and Neonatal Nurses. JOGNN is online at jognn.org

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

The Hospice Directory above does not represent a list of all Hospice facilities statewide. For a complete list visit www.ok.gov/health

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**Vicki L. Mayfield, M.Ed., R.N.,
LMFT Marriage and Family
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*If you would like to send a
question to Vicki, email us at
news@okcnursingtimes.com*

Q. I recently read the book, "Divorcing Your Parents" and found it very enlightening. I have been struggling with wanting/needing to distance myself from them for years. The level of dysfunction is so toxic that I have extreme anxiety. I guess I am needing someone to tell me it is ok.

Denise

A. It is ok!

If something/someone does not add to your life, it doesn't belong in your life.

This situation is more common than people realize. Hence the book. Just because someone is blood related doesn't equal healthy. We often hold on longer because someone said we were supposed to; we were supposed to hammer away trying to get the square peg into the round hole, force people to love us.

There is only one person who truly grasps the magnitude of a toxic family connection; the person feeling the burn. When the body REALLY doesn't like something it lets us know.

Denise experienced extreme anxiety when her mother would call, just seeing her name would cause her heart to pound. If she didn't answer the anxiety would persist because Denise knew her mother would call back. "She always made me feel inadequate, always questioning my decisions, never saying anything positive. I struggled with drugs and alcohol for years as a way to cope with my anger and sadness. I have been sober for two years and drug free and do not want my feelings to cause me to relapse.

We do not have to hold on to any friendship or relationship that is toxic. If you find yourself believing someone will change; that your mother will one day call and tell you how proud she is of you and how much she loves you; give up this magical thinking. Focus on reality, the reality of your body symptoms every time you see her name or know you have to see or talk to her.

And don't let anyone make you feel bad for "divorcing" her. For some of us that is the only way to restore sanity.

GOLD MEDAL CEREMONY HONORS YOUNG CHAMPIONS



The Olympics are over, but the Olympic Committee missed handing out gold medals to a few champions. Friends of the Jimmy Everest Center decided to fix that, holding a Gold Medal Ceremony in honor of all of the young patients at the center battling cancer.

At the event marking Pediatric Cancer Awareness month, each cancer patient at the center received a real, engraved gold medal. The medals are symbolic of the victories these children achieve every day as they fight for their lives against pediatric cancer. Doctors, nurses and staff at the center were also surprised when they too were awarded medals for the care and support they provide to the children and families living with cancer.

Miss Oklahoma Sarah Klein and Miss Oklahoma City Triana Brown were on hand to assist in handing out the awards, as were almost a dozen jockeys from Remington Park. The event featured a variety of activities, including a competition to see if the youngster could set records for most bubbles or biggest bubble blown.

Though rare, more children are being diagnosed with cancer than ever before. In fact, the Jimmy Everest Center, located at The Children's Hospital complex in Oklahoma City, welcomed 126 children newly diagnosed with cancer into its care in the past year alone. With close to 12,000 patient visits a year, the center is committed to making a difference for each child through state-of-the-art care and cutting-edge research.

The Gold Medal Celebration was co-sponsored by the University of Oklahoma Department of Pediatrics, OU Children's Physicians, Children's Hospital Foundation, and University Hospitals Authority & Trust.



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Really teamwork is what makes a good shift even on a difficult shift.



Ursula Webb, RN

They don't make them anymore - 3 p.m. to 11 p.m.



Sandy King, RN

Each week we visit with health care professionals throughout the Metro



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A great day is when people come to work with a positive attitude and things go well.



Cathy Howe, RN

Most days are good just because of the teamwork



Jacob Lovell, RN



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