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RN
reaching
out to
students

Brooke Butcher, MS, RN, is starting a unique, online education model to help students make it through nursing school.

by Bobby Anderson, RN, Staff Writer

Those dreaded days of nursing school.

As a student and as a professor, Brooke

Butcher, MS, RN remembers those days well.

The only difference was which side of the struggle she was on.

"It is completely overwhelming," Butcher said of nursing school. "I feel like overwhelm is the biggest problem in nursing school, or at least I remember it being that way for me. Not knowing what information was important, not being able to ferret out what I actually needed to know versus what was superfluous fluff."

"That coupled with in clinical you might

not be working with a pleasant nurse or you might not have good interaction or help from your nursing instructor."

It was those reasons she began working on The Nursing Professor, an online service dedicated to helping nursing students not only survive but thrive in nursing school.

"Most of the resources you find online are by nursing students," Butcher explained. "They aren't necessarily a higher quality or they don't contain enough to give a really solid base for the material."

Butcher also points to the huge lack of clinical experiences for students.

See STUDENTS Page 3

# NRH rewards healers



Paula Price, MPH, MSN, RN has devoted more than 30 years to the Norman Regional Health System.

by Bobby Anderson, RN, Staff Writer

For more than three decades, Paula Price, MPH, MSN, RN has worked for the Norman Regional Health System.

The vice president of strategy and growth has seen her hospital do a lot of great things but the recent week-long Fall Festival brought a smile to her face.

After all internal audits were completed and approved by the hospital board, Norman Regional announced the system had met or surpassed all of its operational goals for the previous fiscal year which ended June 30.

That not only meant a comfortable operating margin but an opportunity to reward all healers for reaching those goals.

"It was to thank them for all their hard work last year. We really had a successful year and worked very hard to make sure we met our quality, service and operational goals for the year," Price said of the week-

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#### **FESTIVAL** Continued from Page 1

long festivities. "Because of that and how hard our employees worked we wanted to thank them in a different wav.'

The week kicked off with the hospital bringing in local food trucks and parking them in front of each campus for both day and night shifts.

Every employee was treated to a free lunch or dinner. Gyros, barbeque and other items were available for employees to pick up free of charge with a drink and all the fixings.

"We had no idea (how busy we would be)," one vendor said while cooking made-to-order tacos as quickly as she could.

On Tuesday massage therapists were brought in and set up near the cafeterias. Employees were offered complimentary five-minute chair massages.

Hump day brought a car wash service to the hospital where employees could valet their cars and have them detailed during their shift.

Once their shift was over they were treated to a clean car for the ride

"We received a lot of emails and

verbal thanks and appreciation that we did something different, something fun and novel for us," Price said. "They really appreciate that we recognize how dedicated they are to patients, care and all the hard work they've done."

"It's been fun for both of us for the executive team as well as the hospital board."

Prior to her current role, Price previously served as the Health System's Director of Health Promotion and Community Relations for the past 20 years. Her healthcare experience includes nursing, public health, community relations, marketing communications.

Free drinks were offered all day Thursday and then employees were given the freedom to wear any college apparel of their choice during their shift.

Fiscal year 2018 was a good one for the system one of only a handful Oklahoma.



Normal Regional Health System employees were treated to a week of appreciation after the hospital system surpassed its financial and operational goals for the previous fiscal year.

Price said the hospital saw nearly of municipally-owned hospitals in 17,000 admissions with 2,515 babies delivered. Some 270,000 outpatient registrations were logged as were more than 95,000 emergency department visits.

> The system before more than 89,000 imaging exams, had 265,953 physician clinic visits and 243,417 physical therapy treatments.

> More than 3,400 heart caths were performed.

> EMSSTAT made more than 20,000 combined runs in the Norman and Moore services areas.

> The hospital was able to provide more than half a million dollars in contributions to Norman Public Schools and make a community contributions in excess of \$1.7 million.

> The system was honored numerous times including:

- · Leapfrog Hospital Safety Grade "A" for both Norman Regional Hospital and Norman Regional Healthplex
- Women's Choice Awards for Best Hospitals for Stroke Center and Bariatric Surgery
- American Heart Association Mission: Lifeline Gold Plus Award **EMS**
- American Heart Association/ American Stroke Association's Get with the Guidelines Stroke Silver Plus Quality Achievement Award

- Chest Pain Center accreditation from the Society of Cardiovascular Patient Care
- Certified Healthy Business Excellence for the 15th consecutive
- Providing a virtual pediatrician for Norman Public Schools
- · Proving health and wellness education to 16 schools in Moore and 17 schools in Norman.

Price said the results warranted more than just a thanks to employees. checks were Gainsharing distributed by each department manager.

"It just reminds you of how important it is and what health care workers and professionals do on a daily basis," Price said. "They're so dedicated to their patients, to one another and to the health system because they know what we do is improve quality of life for people and help them heal."

"When you see that in action and set goals that are a challenge but achievable, I had no doubt we would reach them because when we started down this journey you could tell and feel we were going to achieve what we needed to to do for the year."

"It's so rewarding to see how hard everyone worked and then to appreciate them for that."



### **ONA Annual Nurses Convention -Empowering Nurses:** Inspire, Innovate, Influence,

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#### STUDENTS Continued from Page 1

"My grandmother lived at the hospital and they ran the floor by the time they could graduate," said Butcher, whose grandmother and mother were nurses. "They were in the hospital way more than they were in the classroom."

Butcher's master's thesis focused on nurse residency programs, which were borne from high washout rates of first-year nurses who either left their first job or the profession entirely within their first two vears.

The support wasn't there. Her vision is for The Nursing

Professor to stand in the gap.

"I would love to see it evolve into a one-stop-shop where students can come to find all the answers they're looking for related to nursing school," Butcher said. "Covering content but also job hunting, help with resumes and interview skills and information about getting started as a new nurse."

For now, the best way to connect with Butcher is by email at thernprofessor@gmail.com or visit

her Facebook page The Nursing Professor.

Butcher earned her master's degree in 2011 and began teaching at Oklahoma City Community College.

She worked with the LPN career ladder track for students pursuing their RN. After a year she transitioned to teaching NP4 content.

She stayed until 2015.

She has a varied nursing background. She worked ER, cardiac neuro ICU and an HIV unit in New York City before coming to Oklahoma Heart Hospital in 2009.

Butcher worked at Oklahoma Heart while she was teaching and taking care of her two young children.

"Right off the bat when I was teaching," Butcher said of when she came up with the concept. "We could only provide students with so much information otherwise you're just giving them answers and teaching to the test. I found myself developing a lot of resources they could utilize."

"I was trying to find things online that would work. I wasn't finding a whole lot. I was finding a lot for medical students but not for nursing students."

"I talked to other faculty members and they thought (the idea) was ridiculous."

She shelved the idea for a while but kept coming back to it. Apparently, it was her passion.

"I feel like I have a good way of breaking down information for students in a way that is very easy for them to understand," she said.

She was contacted by students looking for tutoring.

She shared with them her idea of a one-stop-shop of resources for nursing students that would be cost effective at a time when students needed it the most.

"As a nursing student I could hardly afford a cup of coffee," she remembered. "I made a mockup of what I wanted to do and unbeknownst to me they posted it on the class Facebook page. Within 24 hours one of the students sent me back all of the names and more than 40 students had asked for this."

Butcher's service is more than data content warehouse. She routinely engages students through Facebook Live Q&A sessions.

Butcher is still working fulltime while developing the product with an anticipated full launch date of next fall.

She's currently accepting beta students at a discounted rate for NP4 content access. She'll be bringing the other nursing processes online as she builds

Butcher typically stresses three things to her nursing students:

- Take care of yourself eating well, exercising and getting adequate sleep are important in nursing school to keep you well and keep your mind sharp.
- Don't just memorize while in school, learn the material and understand the behind our interventions and the basic pathophysiology behind each disease process, because that is what will help you know what to do when you are face to face with your patient.
- Know your preferred learning style (or how you learn best) and utilize the learning resources that speak to that preferred learning style, as you are far more likely to understand it and remember when you do so.



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AIDAN had a way about him. He had a way of creating adventure out of everything he did. He wanted to do EVERYTHING and was fully intent on achieving that goal. He had a huge loving heart and was quick to share that love. He was conscious of the feelings of others and always made an effort not to hurt others He was messy. He was smart. He was a great big brother. It was his interest in church that brought our entire family back to th church. He loved God and he liked to share hat he learned. For eight short years his light shone so brightly.

We are so honored that he was able to continue

to do EVERYTHING and to become a donor and save lives.

Organ, eye and tissue donation saves lives. ase 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 ha internet access, call 800-826-LIFE (5433) and ask for a donor registration card



# CAREERS IN NURSING NURSE PRACTITIONER CRUZIN' ALONG: MERCY GOHEALTH

by Vickie Jenkins - Writer/Photographer

Mercy GoHealth is a new level of design and convenient urgent care that is new to the Oklahoma City area. One of the newest locations, 12220 N. MacArthur, you will find Jennifer Cruz, nurse practitioner.

Jennifer was born in Oklahoma City and spent the first 4 years of her life in Oklahoma. "After that, my family and I moved quite a few times. My family moved to Texas, Virginia, Wisconsin and California, then back to Oklahoma where I attended high school. I have also had the opportunity to live one year in Australia and 2 years in Costa Rica," Jennifer commented.

Going to different schools along the way was not a problem for Jennifer. She got her Bachelor's in Spanish from UCO, Associate RN from OSU/ OKC, BSN from University of Texas in Arlington and her Masters (Family Nurse Practitioner) from Simmons College in Boston. Jennifer has been a nurse for 9 years and a Nurse Practitioner for 2 years.

Asking Jennifer what qualities make a good nurse, she replied, "Being a nurse is more than doing a job. I would say that the qualities that make a good nurse are: sense of humor, motivation, determination, drive to continue learning on a daily basis, compassion, empathy, selflessness, patience in the most difficult situations, ability to work as a productive team member because nothing is accomplished by just one person or department; it takes the whole team to care for one patient and the ability to teach in a loving and encouraging atmosphere."

One of Jennifer's favorite things at work is that each patient is unique. "I thrive on the personal interaction as well as the pace of Urgent Care. GoHealth strives to personalize each visit as well as care for the patient in a timely manner with emphasis on compassion and quality," Jennifer stated.

I asked Jennifer to describe herself in 3 sentences. 1. I am a dedicated, fun-loving provider that enjoys the privilege of treating our extraordinary Oklahomans. 2. I believe in laughter because it eases tension, promotes faster healing and contributes to an improved provider /patient bond. 3. I love learning and believe that lifetime learning is imperative for a healthy lifestyle.

Jennifer, did you want to be a nurse when you were little? "No, unfortunately I think I scared my mother with the list of careers I was interested in. I wanted to be a surgeon, newscaster, physical therapist, interpreter, world traveler, policeman and almost anything else a child can think of," she said with a laugh.

Jennifer was married for 19 years but currently is not married. "I have one son that is 20 years old that I am extremely proud of as he is working on his undergrad degree at John Hopkins in neurology with a

plan of med school," Jennifer stated.

Staying busy at work yet Jennifer still manages to have some spare time to spend time with friends. Her hobbies include working extra to help pay for her son's college, traveling and learning to cook. "A thank you to my friends who have been willing participants in eating questionable dinners." she said.

Some words of wisdom that Jennifer lives by "God made all of us and we all have a special gift to offer in life. Life is discovering your gift and using it to the maximum. You should never treat someone as if they are not special because he will be the person you need the most later."

What advice would you give to someone going into the medical field? "Be prepared for the emotional aspects both good and devastating. Your hours will be long, hard and challenging which is what makes the career so great. Learning never stops and if it has, you

See CRUZIN' Page 5





# OAHCR is a statewide organization of professionals who have joined together to:

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- 2) network/share pertinent information on recruitment and retention of healthcare professionals.



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Jennifer Cruz, Nurse Practitioner is ready to help with your urgent care needs. You will see her at the newest Mercy GoHealth location at 12220 N. MacArthur, Oklahoma City, OK or at the Norman, OK location.

#### **CRUZIN'** Continued from Page 4

need to change jobs. Healthcare is an ever changing, challenging career that requires stamina, determination, a loving and kind attitude in the most difficult times. The medical field is not a job but a lifestyle. You never leave your work, you always think about the patient or family you are treating and if there is something you could have done better, differently or how they are healing/ progressing medically and emotionally," Jennifer replied.

Now, to one of the most important questions of all; Jennifer, if you were an animal, what would you be and why? "I would be a dog. A dog is a people loving animal, loyal and enjoys endearing moments," she answers.

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# **Foundation Hosts** 5K to Honor, Remember and Give Hope

Oklahoma non-profit gears up for 1 Mile Walk and USATF Certified Race on November 3



Hundreds of participants will fill the streets of Oklahoma City's Boathouse district November 3 to run and walk with a purpose to honor those who have received the gift of life through organ and tissue donation, remember those who gave the gift of life and give hope to thousands who wait on a lifesaving transplant.

The LifeShare Foundation is hosting their inaugural 'Little Red Heart' 5K Run and 1 Mile walk as they continue raising awareness and providing education on the importance of being an organ donor.

The event will not only include the 1 Mile Walk and USATF Certified Race, but will also be a family-friendly event with face painting, music and prizes. Each entry to the Little Red Heart run includes a t-shirt and lunch.

"The Little Red Heart Run is an incredible look into the many families and friends who have been touched by organ and tissue donation," said Jeffrey Orlowski, President and CEO of LifeShare. "The support, dedication and hope for our participants, volunteers, transplant recipients, donor family and community partners is inspirational."

The goal of the Little Red Heart Run is to raise more than \$50,000 to support the activities and initiatives of LifeShare to help save more lives through organ and tissue donation.

Last year, LifeShare saved more

See LIFESHARE Page 10





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Oklahoma State Department of Health

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ON-SITE INTERVIEWS WILL **BE CONDUCTED** 

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## OSDH Announces Nurse Regional Director

Veteran Oklahoma State Department of Health (OSDH) employee Jan Fox has been named the Regional Director for Canadian, Kingfisher, Lincoln and Logan Counties. The announcement was made by OSDH Deputy Commissioner for Community Health Keith Reed. Fox begins her new duties on Monday, October 22.

"Jan is familiar with all of our county operations through her work as the director of the HIV/STD service," said Reed. "She brings a wealth of knowledge through her background as a public health nurse and will be a great asset to our community health program." Fox has been director of the OSDH HIV/STD service since 2008 after previously serving as a public health nurse in several counties. She has a Bachelor of Science degree in Nursing from Southwestern Oklahoma State University and a Master of Public Health (MPH) in Biostatistics and Epidemiology from the University of Oklahoma.



Jan Fox has a Bachelor of Science degree in Nursing from Southwestern Oklahoma State University.

Canadian, Kingfisher and Logan counties had been served on an interim basis by OSDH Community Health Assistant Deputy Commissioner Gunnar McFadden, while Lincoln County was under the interim guidance of Regional Director Brenda Potts after the retirement of longtime Regional





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www.cvtech.org
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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

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#### 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

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- 3. Kansas Division Kansas, OK Ph: 918-868-3535
- 4. Claremore Division Ph: 918-342-8066

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

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www.tctc.org

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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

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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

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#### Northeastern OK A&M College

www.neo.edu

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- 2. Enid Campus Phone: 580-242-6300
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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

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#### Northwestern OK State Univ. www.nwosu.edu

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#### 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

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  1. Claremore Campus Phone: 918-343-7635
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#### 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

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### 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
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### LIFESHARE Continued from Page 5

lives than ever before making 481 transplants possible. Tissue donation also restored health to more than 59,000 people.

Today, there are 116,000 people waiting for a transplant across the nation, but one organ donor can save eight lives and one tissue donor can restore health to over 75 others.

Online registration for the Little Red Heart Run will remain open until Friday, November 2. On-site registration will begin at 8:30 AM on November 3 at Regatta Park. LifeShare invites the public and media to attend.

The LifeShare Foundation supports the activities and initiatives of LifeShare



to help save more lives through donation. The focus of the Foundation's programs center around; awareness of organ, eye and tissue donation, support of transplant recipients, including those waiting and donor families, and research in donation.

To learn more or to give to the LifeShare Foundation, visit LifeShareOKFoundation.org

# PC Cancer Classic 5K scheduled for Nov. 3



Putnam City Schools will host the 11th annual Putnam City Cancer Classic 5-kilometer run/walk on Saturday, Nov. 3. The event will take place at Wheeler Park on the Oklahoma River and will feature a 5K beginning at 8:30 a.m., followed by a one-mile fun run/walk at 10 a.m.

The event benefits cancer research at the Oklahoma Medical Research Foundation. Last year's Cancer Classic drew more than 1,200 participants.

Cancer Classic coordinator Kate Waring said her goal is to help the race grow in popularity and participation. "We are working hard within the district to promote this fantastic event," she said. "This year, we have a big emphasis on staff participation and multiple competitions between schools in the district."

The cost for the 5K is \$30 per person, and the fun run is \$15. All participants will receive an event T-shirt. Donations will also be accepted, and you can purchase "I'd rather sleep than run" sleep masks for \$10.

Since its inception in 2008, the event has raised more than \$100,000 to support cancer research at OMRF.

"OMRF and Putnam City Schools have a long history together," said Waring. "The amazing work OMRF does for cancer research is necessary, important and very much appreciated. It is vital that we support what they do and support it through fund drives, because every penny makes a difference."

For more information, visit **PCCancerClassic.com** or the event's Facebook page @**PCCancerClassic**.



### 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. I have not dated in several months. One of the reasons is I am scared to death about what I could find. I did not choose well before and I have friends who missed the mark too. Could you give me more information on "How to spot a narcissist" because my radar needs more training. ---- Diane

**A.** Spotting the narcissist and quickly retreating takes experience, education and more experience and education.

A friend of mine who is a psychology professor explains it like this: Narcissists often have a demonstrable lack of emotional development, stemming from their missing interest in the concerns of others. This explains their childlike responses to matters that require nuanced understanding of relationship dynamics, and their tendency to objectify and use others as tools.

There is NO WAY you can have a healthy relationship with a narcissist. It just isn't possible.

If you meet a narcissist look for some of the following behavior dynamics:

--monopolizing the conversation.....it is all about them.

--never or rarely asking you questions about yourself or showing little interest when you answer.

--showing too much interest in other women while you are with them, then minimizing it or

making you look stupid if you point it out.

--extreme jealousy......your behavior is highly scrutinized (remember these men are highly insecure and immature in relationships) --they lie very easily.

--its never their fault......never!!! Don't wait around for them to apologize. If they do it may be to neutralize the situation and restore their reality.

--your gut goes crazy.....even if you do not have a lot of knowledge about narcissists, you have gut feelings when something is not right. DO NOT IGNORE THIS FEELING!!!

A very good and healthy rule for dating should look like this: Start (and proceed) very slowly. When you are with your date, really listen to what he is verbally saying, what his body language is saying. Notice if you ever get that griping gut feeling. These personalities are the master manipulators, it may take several dates before you decide if you want to continue dating. Another helpful tip is to talk to your trusted friends about your new guy. Maybe introduce him to a friend. See what vibe they get.

Keep this handy:
The Narcissist"s Prayer
That didn't happen.
And if it did happen, it wasn't that bad.
If it was that bad, it's not my fault.
And if it was my fault, I didn't mean to do it.
And if I did mean to do it, you deserved it.



# NURSE



# TALK

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If you were a dog, what kind of dog would you be and why? Parcway Post Acute Recovery Center

Golden Retriever because everyone loves them!



Tina Bitner, HR

I would be a Doberman because I am very protective!



Carla Pollard, ACUA

Each week we visit with health care professionals throughout the Metro



news@okcnursingtimes.com or mail to Oklahoma's Nursing Times P.O. Box 239 Mustang, Ok. 73064

Yorkie because they are little and cute iust like me!



Kesha Anglin, Activity Director

I would be a Boxer that is also a lap dog.



Teresa Garcia, LPN



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