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<u>klahoma's</u>

Tracie Rivera, RN, BSN stands by the flowers that she received from one of her patients, thanking her for taking such good care of him. "A simple thank you is the greatest reward for me," Tracie said.

by Vickie Jenkins, Staff Writer

October 29, 2018

Somewhere between the major hospitals and the surgery centers scattered throughout Oklahoma City, OK, you will find Northwest Surgical Hospital, located at 9204 N. May.

Tracie Rivera, RN, BSN is a medical surgery nurse. "I enjoy taking care of the patient," she said. Tracie grew up in Enid, Oklahoma. Tracie's first job was a teacher, receiving her degree in Health Science Technology. She taught at several different schools teaching classes from Pre-K up to high school and plenty of grades in-between.

Isn't it funny how certain things happen to us when we least expect it? After teaching for 20 years, her 21 year old daughter started nursing school at UCO. It was at this time that Tracie wanted to go to nursing school too.

Information for the Oklahoma Nursing & Health Care Professional

What an unusual turn of events. Fast forward, Tracie and her daughter graduated nursing school together. Tracie's family and friends were very supportive of her going back to school. Mother and daughter both graduated on the same night. What a unique celebration for the family!

Now, Tracie has been a nurse for 6 years, working at Community South up until about a year ago, then came to Northwest Surgical Hospital. Her daughter is also a nurse,

See FAMILY Page 2

Access to health care continues as focus at annual conference

Latest patient care advances, annual member meeting round out conference agenda



Over 300 nurse practitioners from across the state spent three days in Tulsa, learning the latest patient care advances and applications during the Oklahoma Association of Nurse Practitioners annual conference.

AONP president Margaret Rosales said the conference was also an opportunity to remind nurse practitioners to get involved in advocating for the profession and continuing the legislative push for full practice authority.

"We've made incredible strides in recent years educating the public on how nurse practitioners can increase access to health care and building support for legislation that would allow us to better serve Oklahomans," said AONP President Margaret Rosales. "With elections just around the corner, we look forward to working with new and returning legislators to improve the health of Oklahomans."

AONP plans to work with lawmakers to introduce legislation that will allow them to work at the full scope of their education and training.

See AONP Page 3

FAMILY Continued from Page 1

working at Baptist Hospital.

What qualities make a good nurse? I ask Tracie. "I think a nurse needs to be caring and considerate, thinking of the patient's feelings first," Tracie replied.

Tracie's favorite part of her job is taking care of the patients. "I love caring for the patients and I love how I get to interact with them," she said.

If Tracie were going to give advice to someone going into the medical field, she would tell them that when you are a nurse, you will never be lost for a job opportunity. "Being a nurse means you have plenty of places to work, no matter what area you decided to go to. If one medical field is not your forte, move on to another one," Tracie answered.

Describing her personality, Tracie considers herself a people person, caring, putting the patient's feelings first, organized and very talkative. She considers herself a leader when it comes to being a nurse, yet, a follower when she wants advice from a doctor or another nurse. She is not afraid to ask questions. Tracie and her husband have been married for 32 years and have 4 grown children. Their pets include two Dobermans and one cat. With work and family, Tracie still has time to enjoy several hobbies. She does quilting, likes to re-do furniture, enjoys gardening and loves canning jellies. "We have a lot of trees on our property and I like to make use of all of the fruit," Tracie says. "I make apple, cherry, strawberry, plum and mixed fruit. My grandmother canned jellies, my mom canned jellies and now, I do it," she added.

Tracie has several words of wisdom that she likes to live by. This too shall pass, there's nothing that can keep you down, and situations always change. "I tell these to the patients, my kids and sometimes, myself," she said with a laugh.

I asked Tracie if she had received any awards or recognitions in the last few years. "I have gotten a lot of comments and thank you cards from some patients that I have taken care of. To me, that is the biggest recognition I could get."

Community of Oklahoma Nurses... Description of Oklahoma Nurses... Description of Oklahoma Nurses... Description of Oklahoma Nurses... Nurses in Oklahoma Nurses in Oklahoma Description of Oklahoma Nurses in Okl

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On the humorous side, I asked Tracie if she had ever done anything unusual since she has been a nurse. "When I was just starting out as a new nurse, I was very nervous. One of the main nurses asked me to give her a shot. I told her that I hadn't given a lot of shots before, returning the comment that's okay. So, I got the shot ready, walked into the exam room where the nurse was leaned over the table with her

cheeks showing. I gave her the shot alright! Apparently, I did it pretty hard because she stood straight up and yelled with a loud OUCH! (Kind of like the first day jitters and it was like a dart jab). The next day, I asked the nurse how she was doing. Pulling her pants halfway down, her cheek was black and blue and swollen. As I gasped with surprise, she told me that I needed more practice," she said with a laugh.

Fear itself: Unmasking the fight-or-flight response

Some people enjoy the feeling of being scared. Others hate it.

Either way, the physical response is the same for all of us, said Oklahoma Medical Research Foundation physicianscientist Hal Scofield, M.D. When things go bump in the night, the body launches a cascade of events to help you deal with the perceived threat.

So, what exactly happens when you see a spider, have near-miss accident or get startled by an overzealous trick-ortreater?

"Your internal systems immediately spring into action," said OMRF's Scofield. "What we call the sympathetic nervous system tells nerve pathways to alert the adrenal glands, which pump adrenaline into your bloodstream. The combined effects are known as the fight-or-flight response."

You've likely experienced the fightor-flight response: respiration increases, your heart pounds, muscles tense, your hair stands on end, and you might start sweating or break out with goose bumps.

The body pulls off this feat almost instantaneously. But those biological triggers don't tell you which to do—tussle or turn tail. That's up to the brain to evaluate.

The speed of this response is why some people are able to jump out of the way of a moving car before they even process what has happened. In fact, said Scofield, that's the reason it exists. "It's all about survival."

The part of the brain where the response starts—the amygdala—cannot distinguish between real and perceived threats, he added, "That's why horror movies elicit fear, even when you know what you're seeing can't hurt you."

Of course, you know your life



Oklahoma Medical Research Foundation physician-scientist Hal Scofield, M.D.

isn't in danger when you're watching "Friday the 13th." "But in the case of real, imminent danger, this response ensures you're ready to react," said Scofield.

The sweating, racing heart and stress brought on by fear can feel unnatural and disorienting, but this primal instinct actually has a valuable purpose. "It makes you think more clearly and become more acutely aware of your surroundings," said the OMRF researcher.

That may not be helpful when you're curled up on your sofa watching "The Shining" on Netflix. But if you're ever facing a true threat, it could make the difference between life and death.

AONP Continued from Page 1

Across the country, states are increasingly turning to nurse practitioners to increase access to health care. Twenty-two states, the District of Columbia and the U.S. Department of Veterans Affairs all allow their nurse practitioners to put their full education and training to use.

Kurtis Crawford has been a nurse practitioner for three years. He attended the University of Wyoming and earned his Doctor of Nursing Practice in 2015, then moved home to Sand Springs.

"I moved back to be close to family and immediately found out I was constrained in my practice. It was a shock," Crawford said. "Having to have a physician's signature and pay that provider thousands of dollars a year wasn't something I saw in Wyoming.

"It's really just not logical to consider me unsafe without a physician's signature, but if I go across a state line, or walk into a veteran's hospital, suddenly it's safe for me to independently practice again," he continued. "If it wasn't for family, I'd strongly consider moving to a state with full practice."

Rosales said the most exciting part of the conference is talking with nurse practitioners from across Oklahoma about what's going on in their communities and in their practices.

"In communities across the state, nurse practitioners are doing some very exciting things," she said. "This week I've met nurse practitioners who are serving children and families in rural Oklahoma, breaking down barriers to care for homeless individuals, planning to open new clinics and caring for their neighbors. The people who choose to enter this field are amazing and they inspire me to do better in my work each and every day."

For more information about AONP, visit to

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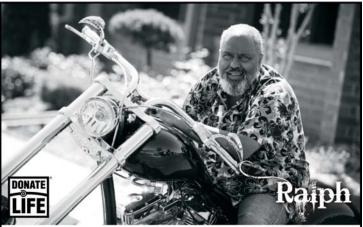
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My name is Ralph and my story began in August 2004 when I was diagnosed with Cardiomyopathy. For years I was treated with medication but by 2010 my disease had progressed. I had a pacemaker/

defibrillator implanted which saved my life on two or three occasions. By 2012 I had to have a heart pump and was told that the only way to prolong my life was to receive a heart transplant.

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continue my life with my wife and children. There is not a day that goes by that I don't thank God and my donor for giving me another chance at life.

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CAREERS IN NURSING THERE'S NO PLACE LIKE HOME: CARRIAGE HOUSE HOMES

by Vickie Jenkins - Writer/Photographe

Carriage House Homes has been in business for almost 4 years. It is owned and operated by Angie Crawford, RN who has over 25 years' experience in nursing and caring for the elderly. She personally dealt with Alzheimer's' Disease when her grandmother became ill. She spent over 5 years caring for her in and out of different facilities.

Now, Angie is the proprietor of Carriage House Homes. She operates her own 5-bed memory care facility specializing in Alzheimer's care. They are located in Yukon, Oklahoma in the tranquil neighborhood of Surrey Hills. Carriage House Homes is a local independent company that started as a passion to care for the elderly as family would care for their loved one.

The house itself is beautiful. A 4 bedroom, 2 baths, each room suited to the resident's decor. There is a sunroom and garden area for the residents to enjoy the fresh air and

surrounding flowers. With an open policy, family members can come by anytime to see their loved ones. Walks in the quiet neighborhood are taken and precious memories are made.

Angie grew up in Davenport, Iowa, moving several times over the years and ended up in Oklahoma. She got her bachelor's degree from UCO. Through the years, she served as director of nursing at several facilities, along with traveling all over Oklahoma to do infusions for different health facilities.

"We have 24/7 care here and each resident is taken care of in the way that is specific for each individual. Memory care residents need more oneon-one care. I wanted to find a way to take care of 4 or 5 residents so they would have that," Angie commented.

"On the business side, there are a lot of things that go on before a long- term-care home with residents can be approved. There are a lot of legal matters. We are an LLC and everything is up to state code. Even though I had years of experience in nursing, I had to go back to school for long- term- care certification. After a long process of remodeling and all of the legal matters taken care of, I am happy to own Carriage House Homes, giving the residents that at-homefeeling," Angie said.

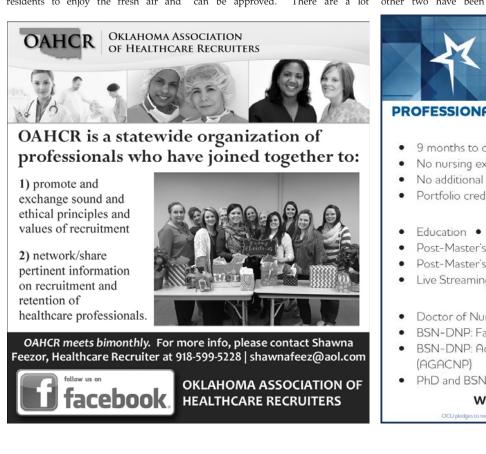
"We actually have the same rules as a 100-bed facility. The physical therapists, social workers, chaplains, depending on religion and hospice come out to see the residents if needed. We all eat our meals together and we go to some senior events together. In fact, the ladies are going to help me hand out candy to the trick-or-treaters. They like to get involved in things like that," Angie said.

There is a slow turnover at Carriage House Homes. "Two of my ladies have been here 4 years and the other two have been here 2 years. There is a waiting list and the people have to be assessed before they come here. I am allowed to care for up to five residents," Angie said. "The average age of our residents is 70 and up," she added.

There are 4 other corporations in Oklahoma that have long-term-care residents. "I would like to see more homes like this, seeing the residents be cared for on a one-on- one basis," Angie stated.

I asked Angie to describe herself to me. "Well, I am the proprietor of Carriage House Homes. I am compassionate, understanding and a problem solver. I have good nurse ethics, and feel like I am doing my work for a greater purpose, she said. "Now, on the other side, I have a type-A personality. I am headstrong and stubborn, and I don't like to be told no. That just pushes me forward a little more," she laughed.

See HOME Page 5



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Angie Crawford, RN, BSN, CNRI, LTCA is the proprietor of Carriage House Homes. She is a dedicated nurse, specializing in Alzheimer's care.

HOME **Continued from Page 4**

What is the favorite part about your job? "My favorite part of my job is getting to know the residents and their families. There is a real bond that develops between us, forming wonderful relationships," Angie stated.

Angie's hobbies include spending time with her husband and daughter who is 15, gardening, taking care of

the many animals on their acreage and spending time at their lake house and kayaking on Cedar Lake in Hinton, OK. Angie is also a public speaker, going around to different functions, telling about Alzheimer's. She also works with Animal Rescue, caring for animals in any way that she can help. Wise words from Angie "Don't

worry about anything. Let God steer the ship. Let Him take care of everything. He can handle it."



A Doctor is Born:

Physician Partners with Baby He Delivered 33 Years Ago



David Kallenberger, M.D., and Crysten Cheatwood, D.O., are physician partners who practice obstetrics and gynecology at INTEGRIS Baptist Medical Center.

David Kallenberger, M.D., and Crysten Cheatwood, D.O., are physician partners who practice obstetrics and gynecology at INTEGRIS Baptist Medical Center in Oklahoma City. But what makes their partnership so extraordinary, is that they share a professional and personal bond very few will ever experience.

Cheatwood has known Kallenberger her entire life literally. In fact, he was the one who physically brought her into this world, as the physician who delivered her as a newborn. "I could not have imagined 33 years ago when I delivered Crysten that she one day would be working with me," admits Kallenberger. "This is indeed a full circle moment for me."

"He was my grandmother's OBGYN then he was my mother's doctor, so I was familiar with his name and reputation very early on," says Cheatwood. "I can remember being young enough that my mom would make me stay in the changing room during her exams."

"I also saw Dr. Kallenberger at

all of my mom's prenatal visits when she was pregnant with my sister. He could tell I was curious so he was always asking me questions and volunteering information regarding my mom's pregnancy. He made it a point to include me in all of the conversations."

Kallenberger was equally impressed with young Cheatwood. "She made an impression on me at a very young age. She would ask questions that were very inquisitive and profound for a 12 year old. She was always probing for more information."

Cheatwood remembers being fascinated by medicine and almost obsessed with her mother's pregnancy. "I attended every doctor's appointment. I even read the "What to Expect When You're Expecting" book with my mom. I was completely invested."

The day her sister, Hannah, was born, Cheatwood was in the delivery room. That is when her fate was sealed. "I was standing with my dad at the head of the bed when Dr. K walked into the room. He said, See DOCTOR Page 10

Page 6

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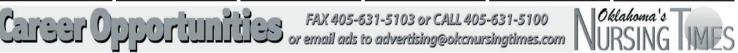
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SPECIAL EVENT

PRIDE burial service set for Nov. 5



Parents Responding to Infant Death Experience (PRIDE) will be hosting their next burial service on Monday, Nov. 5.

PRIDE is an intervention team of nurses, chaplains and social workers who are available to answer any questions people may have about their experience with miscarriage, ectopic pregnancy, stillbirth or neonatal death, and offer support through the grief process.

PRIDE provides two no cost burial services for infants less than 20 weeks gestation at Sunset Memorial Park Cemetery, 2301 E. Indian Hills Rd. in Norman, each year. Losses occurring from October 1 through March 31 will be buried the first Monday in May. Losses occurring from April 1 to September 30 will be buried the first Monday in November.

The next burial service is scheduled for 2 p.m. Nov. 5 at Sunset Memorial Park Cemetery.



OMRF awarded two new grants to study lupus genes



Oklahoma Medical Research Foundation scientist Swapan Nath, Ph.D.

Two Oklahoma Medical Research Foundation scientists have received \$3.6 million in new grants from the National Institutes of Health.

The two grants will enable OMRF's Swapan Nath, Ph.D., and Joel Guthridge, Ph.D., to examine genes thought to play a role in lupus, a disease in which the immune system becomes unbalanced and attacks the body's own tissues. Lupus can result in damage to the joints, skin, kidneys, heart and lungs.

Lupus impacts approximately 1.5 million Americans, predominantly women, and there is a welldocumented genetic association with the disease. However, it is notoriously difficult to diagnose and treat because of how widely it varies from person to person.

"We know lupus has a strong genetic basis, but in order to better treat the disease we have to identify the genes associated with it," said Nath. "By understanding where and how genetic defects arise will allow scientists to develop more effective therapies specifically targeting those genes."

A four-year grant will enable Nath and Guthridge to study the roles of a pair of genes believed to contribute to lupus onset. Nath also received a second, two-year award to look at two more genes believed important to lupus development across ethnically diverse populations.

According to Guthridge, identifying

the genes associated with the disease—and how they impact disease progression—is crucial in the ongoing effort to understand how to best combat lupus.

"By discovering the roles of specific genes, we hope we can one day get to the point of tailoring therapeutic strategies to each individual lupus patient," said Guthridge.

More than 16,000 people are diagnosed with lupus in the U.S. each year. According to the Lupus Foundation of America, the disease affects as many as 1.5 million Americans and 5 million people worldwide.

"The ultimate goal of this work is to enable more accurate diagnosis and prediction of therapeutic responses in order to improve patient care," said Guthridge

Guthridge joined OMRF's scientific staff in 2002. An assistant member of its Arthritis & Clinical Immunology Research Program, he also serves as director of OMRF's biorepository, an ultra-cold library of patient samples maintained for research purposes.

Nath joined OMRF's scientific staff in 2000 and holds the William H. & Rita Bell Chair in Biomedical Research. He is an internationally respected leader in the study of genetic risk factors for lupus and other autoimmune diseases.

Both new grants were awarded by the National Institute of Allergy and Infectious Diseases (R01 Al132532-01A1, 1 R21 AR073750-01), a part of the National Institutes of Health.

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

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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

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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

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

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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

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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 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

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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

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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

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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

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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DOCTOR Continued from Page 5

'Crissy... do you want to deliver this baby?' Wondering if he was actually serious, I nodded my head yes. He said, 'go over to the sink and wash up to your elbows, we'll help you with some gloves.' He told me where to put my hands and then put his hands over mine. And then he talked me through the whole thing!"

From that moment on, Cheatwood knew exactly what she wanted to be when she grew up. She wanted to be an OBGYN just like her newfound idol, "Dr. K."

"She was a natural," says Kallenberger recalling her sister's birth. "She was not shocked, she just jumped right in without question and working with my hands literally delivered her sister. It was an amazing experience. In a way, a doctor was also born that day."

Cheatwood shadowed Kallenberger several times during high school, college and medical school. She did a couple rotations with him again during her residency training. Now, with her medical degree in hand, she is Kallenberger's newest partner.

Cheatwood remembers the moment he made her the offer to come work with him. "I was speechless initially, again wondering if he was actually serious. And then I nodded my head yes. It was wildly similar to the reaction I had when he asked if I wanted to deliver my sister all those years ago."

"I feel like I've been shadowing him for 22 years," laughs Cheatwood. "He has afforded me a tremendous amount of encouragement and exposure. He is a phenomenal teacher and an exceptional physician. I hope to continue following in his footsteps."

Kallenberger has no doubt that Cheatwood will tread her own path, and is beyond proud of the



physician she has become. "It is somewhat surreal working with her but I have worked with her so many times over the years as a mentor or as faculty that it feels natural."

"I don't know that this is necessarily a passing of the torch," continues Kallenberger. "But I do want to groom her to be able to take over my practice one day when I decide to retire. It is comforting to know that someone with her compassion and skill set will be available to take care of my patients in the same way that I have tried to do over the last 42 years."

Kallenberger estimates that he has delivered more than 15,000 babies in his lifetime. While he says some of them have grown up to be doctors, he says Cheatwood is the first he's ever had the privilege to call partner.

"The transition we've made from student/teacher to colleagues has been interesting and entertaining," Cheatwood jokes. "A few days after I started here, he told me to call him David now. I still can't do it without laughing a little bit. I've heard people talk about their "work wife" or "work husband." We definitely have a "work father/ daughter" relationship. I have so much respect for him. He's been such an advocate for me as a new physician. Even though I'm working beside him now, I will always look up to him."

Oklahoma's

Nursing Times -One Stop Recruiting

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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 been dating my boyfriend for six months. He has some really great attributes, however one negative is his lack of gift giving. Not big gifts, sometimes just a sticky note to surprise me with an "I Love You," or a funny card or flowers would be nice. I have mentioned this to him, he says he will try to remember but it doesn't last. Should this be a deal breaker? --Ellen

A. Your boyfriend's lack of gift giving could be a deal breaker if this is something you need. While you are dating it might be a great idea if you both committed to reading, The Five Love Languages" written by Dr. Gary Chapman. In my opinion this book should be required reading for all couples, preferably before the relationship gets too serious. It should be required for singles so there is an understanding of what love means so you don't waste your time on someone who misses the mark.

Dr. Chapman lists the following 5 Love Languages:

1. Acts of service - handyman projects, making favorite meal, housework.

2. Words of affirmation - "you are amazing," "I'm so glad you are my girlfriend," "I appreciate you."

3. Physical touch - hand holding, affectionate hugs, snuggling, sex

4. Receiving Gifts - small ways (or big) to leave reminders of love and caring

5. Quality time - not just hours of time together but time well spent, even if it is just sitting together, being present to one another.

So if you have done your homework before dating and know how you desire to be loved, the idea is not to waste your time on someone who does not speak your language. Once you see it is not happening don't make excuses, hope it will change or decide to "wait it out."

The idea for the couple learning each others love language is to try to meet that need to create a more harmonious relationship. It can be difficult if Joe does not need gifts for himself but Cindy does. Once Cindy expresses to Joe this is something she needs and loves then it is up to Joe to try and speak Cindy's language.

Here is an example: Cindy and Joe made an appointment for marriage counseling. During the first session Cindy expressed how much she would like Joe to show his love for her with silly sticky notes on the bathroom mirror, a card left on the kitchen table, flowers just to say I Love You. She was very clear that gifting was one of her love languages. When it was Joe's turn to talk he said, "That is just not what I do, I don't think about it, you have married the wrong guy if that is what you need." Cindy sat on the sofa with tears rolling down her face. It was very sad.

We need to know ourselves; we need to know when something isn't working; we need to make changes. It is almost a guarantee that we will become resentful if someone isn't meeting our needs. Resentments grow, they do not magically disappear.

No one is perfect. Everyone has flaws. It is important to know what you need and make choices accordingly. If you want someone to give you gifts, notice if they give them to you when dating and if it continues. It your language is quality time, don't keep dating someone who doesn't give it to you.

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Oklahoma's Nursing Times



How would you change nursing for the better? Integris Health Edmond

We would establish in our state more resources for the less fortunate with mental health and drug addiction issues.



Joy Carpenter, RN

A lot of time people have a bad experience in a hospital and that carries over. I'd love to see them know they'll be taken care of.



Claire Creecy, RN

professionals throughout the Metro



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

I think we really need to focus on federally-regulated nurse-to-patient ratios.



MacNeill, RN

Being in a position to where you would go to the patient instead of the patient coming to you.



Holly Wennersten, RN



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