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Lisa Pendleton is one of the nurses that take care of the babies in the NICU at Alliance Health Deaconess Hospital.

# by Vickie Jenkins, Staff Writer

Here at Alliance Health Deaconess Hospital, you will find the Neonatal Intensive Care Unit, providing care for critically ill or premature infants. Their specially trained neonatal care professionals utilize advanced technology and their NICU is staffed 24 hours a day by highly specialized neonatal care nurses and doctors.

Among one of the nurses in the NICU, is Lisa Pendleton, RNC. Lisa grew up in Oklahoma City, OK and attended Southwestern Oklahoma State University in Weatherford, OK.

Lisa has been a nurse for 28 years. Her first

job as a nurse was at OMH, located downtown. Now, she works at Alliance Health Deaconess Hospital, in the NICU, where she has worked for 14 years. "I knew that I wanted to be a nurse when I was a sophomore in school. I have always loved children so I know this is a calling from God to continue to take care of these little babies," she said.

Asking Lisa what qualities make a good nurse, she replied, "A nurse needs to know when to ask for help when needed, whether it is asking a colleague or a doctor, asking is not a sign of weakness. Babies are not ours; they are only on

See DEACONESS Page 3

United Way of Central Oklahoma Announces \$17 Million Fundraising Goal During Campaign Kickoff



The annual pancake flipping contest was held on stage with Rumble the Bison taking home the coveted golden spatula award.

United Way of Central Oklahoma kicked off its 2018 annual campaign this morning and announced its fundraising goal of \$17 million! Dollars raised will be invested into 119 health and human service programs at 58 Partner Agencies. In addition to United Way's campaign, the event also serves as the start of the State Charitable Campaign and the Heart of the City Campaign.

"Our Partner Agencies have the answers to our community's most pressing challenges – they just need the resources," said Debby Hampton, United Way of Central Oklahoma president and CEO. "It takes all of us to make this community

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Oklahoma's Nursing Times

# CAMPAIGN Continued from Page 1

stronger, and we're determined to do our part through this year's fundraising campaign."

Pacesetter campaign results were also announced and, to date, \$4,961,698 has been raised, accounting for 30 percent of the campaign goal. Pacesetters are companies that run their workplace campaigns early and set the momentum for others that will kickoff this fall. Kick-off festivities included community leaders enjoying the tradition of flipping pancakes while serving as "celebrity chefs" and the annual pancake flipping contest was held on stage with Rumble the Bison taking home the coveted golden spatula award as the winner.

For more information on United Way of Central Oklahoma's annual campaign or to make contribution online, visit а www.unitedwayokc.org.

United Way of Central Oklahoma researches human needs within the communities of central Oklahoma and directs resources to accountable health and human



services agencies to meet those needs by improving the health, safety, education and economic well-being of its most vulnerable citizens. For more information about United Way of Central Oklahoma, please visit unitedwayokc.org or call (405) 236-8441.

# **INTEGRIS HEART HOSPITAL OFFERS THE WORLD'S** SMALLEST PACEMAKER

Miniaturized Heart Device Provides Patients with the Most Advanced Pacing Technology Available



INTEGRIS Heart Hospital is one of the first hospitals in Oklahoma to offer the world's smallest pacemaker for patients with bradycardia. The Micra® Transcatheter Pacing System (TPS) is a new type of heart device, approved for Medicare reimbursement, that provides patients with the most advanced pacing technology at one-tenth the size of a traditional pacemaker.

The first procedure at INTEGRIS Baptist Medical Center was performed by Terrance Khastgir, M.D., a cardiac electrophysiologist with INTEGRIS

Heart Hospital, on Aug. 7, 2018. Bradycardia is a condition characterized by a slow or irregular heart rhythm, usually fewer than 60 beats per minute. At this rate, the heart is unable to pump enough oxygen-rich blood to the body during normal activity or exercise, causing dizziness, fatigue, shortness of breath or fainting spells. Pacemakers are the most common way to treat bradycardia to help restore the heart's normal rhythm and relieve symptoms by sending electrical impulses to the heart to increase the heart rate.

Comparable in size to a large vitamin, physicians at INTEGRIS Heart Hospital have elected to use Medtronic's Micra TPS because unlike traditional pacemakers, the device does not require cardiac wires (leads) or a surgical "pocket" under the skin to deliver a pacing

# See DEVICE Page 5

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Page 2

# DEACONESS Continued from Page 1

loan until the babies get better," she said.

"Working in NICU, it is very important to make the parents feel comfortable. When they see their baby for the first time in NICU, they see all of the equipment, wires and leads, and everything that is going on. It's difficult for the parents to see their tiny little baby in the middle of all of that. Once everything is explained, the parent's tension begins to melt away. " Lisa commented.

"The favorite part of my job is seeing the confidence in the parents as they grow while their baby is in NICU. The parents realize that they can hold their baby, feed their baby and love their baby even though this wasn't like a usual delivery or like the past delivery with their other children," Lisa said. "Another favorite thing is the friendships that I have made over the years and continue to make. I still have friends from my very first job as a nurse; watching the babies grow up through the years. The friendships are precious to me," she added.

Lisa wears many hats at work; received," she said.

Some of Lisa's accomplishments and recognitions over the last few years include NRC (certification in high risk neonatal care), Nominated for Nurse of the Year from March of Dimes, Teacher/Instructor for NRP (Neonatal Respiratory Program) at Alliance Health Deaconess, Teacher/ Instructor for STABLE (Stabilization of baby if baby needs to be transferred out). Bereavement Coordinator, Teacher/Instructor for PRIDE (Parents Responding to an Infant Death Experience).

Lisa shared the most treasured part of her job. "I have a shoe box full of letters, hand-written notes and pictures that I have received from others, telling me how much I touched their life in some way. That is the greatest blessing of all! I even received an invitation to a wedding from one of the babies that I took care of 28 years ago. Yes, I went to the wedding and the family still acknowledges the role I played in 'this grown up baby's life.' My shoebox is full of precious moments consisting of love, time and heartstrings. The contents of my little shoebox are better than any other recognition that I have

"I knew I wanted to be a nurse when I was a freshman in school. My mother worked in a nursing home and always had a gentle bedside manner. That must have been some kind of influence on me," Lisa Pendleton, RNC

she wanted to be a nurse and she replied, "I knew I wanted to be a nurse when I was a freshman in school. My mother worked in a nursing home and always had a gentle bedside manner. That must have been some kind of influence on me," she said.

On a personal note, I asked Lisa to describe her personality. "Well, I was an only child so I don't mind the alone time. An occasional night out with my friends and just talking and relaxing is fun. Sometimes, I find it difficult to be in large crowds. I am a good listener and have the ability to really listen and hear what the other person is saying, meeting people wherever

I asked Lisa if she knew when they are. I have a lot of patience and a lot of faith. Truthfully, whatever I do, it's not me; it's God working through me. When I care for the babies, God gives me passion in my heart, guides my hands enough to start an IV the size of dental floss and that in itself is a miracle," Lisa stated.

Lisa Pendleton is an excellent nurse, giving tender loving care to the many miracles that cross her path.





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# **CAREERS IN NURSING FR'S & MEMORY** CARE: HERITAGE POINT OF OKC

#### by Vickie Jenkins - Writer/Photographe

Heritage Point of Oklahoma City specialized in Alzheimer's and Memory Care Services. Thoughtfully built to create a warm, nurturing, home-like atmosphere, every detail of how the homes are designed and every aspect of what they do is specifically planned to provide the specialized service for those who are living with Alzheimer's disease and other related memory impairments.

Customer service is at the top of everything that Heritage Point does and is tailored to each resident based on their needs and desires. The amenities and services not only provide for life's necessities, but also encourage positive relationships among their residents, their families and their associates. Heritage Point was created to ensure that those seniors dealing with various forms of dementia have the encouragement, support and ability to live an active and meaningful life.

Here, you will find outstanding nurses throughout, assisting the residents with their needs. Meet Brittany Bert, LPN. Growing up in Anadarko, OK, she went to Caddo Kiowa Technology Center in Fort Cobb, OK. Brittany has been a nurse for 3 years and enjoys caring for the residents.

Asking Brittany what qualities make a good nurse, she replied, "A nurse needs good communication with the patients and her co-workers, they need to be kind and considerate to others and be a very good listener," she said. "I enjoy working with the residents here. Working with someone that has memory loss or Alzheimer's disease is a little different than working in a hospital or assisted living home. Sometimes, if the resident gets upset over something or they are not feeling well, I feel like I am good at calming the resident down. They have just forgotten something and may say the same words over and over. It's just their way of communicating. Sometimes, all they need is a little love

and a hug or two and they begin to calm down," Brittany said.

Brittany's biggest reward from working at Heritage Point is the satisfaction of knowing that she has helped someone, whether it is something big or small; it is important to the resident. The biggest challenge Brittany has is time management on her part. "Sometimes, there can be so much to do and not enough time to do it, or so it seems," she said. "I just need to plan a little better so I won't get overwhelmed on things," she said.

Asking Brittany to describe her personality, she had a quick answer. "First of all, I am a very quiet person. Even though I am quiet, I can still be a great leader and lead others if I need to. I am a very caring person and have always enjoyed taking care of others. I am very resilient and a hard-worker. When I have a job to do, I will always get it done and it will be done the right way. I am a patient person. I have always been like that

so I don't get upset over little things," she said. "Now, add all of these things together and you've got me," she said with a smile.

Do you have any advice for someone going into the medical field? I ask Brittany. "I would tell them to study hard and don't take anything personal. Just know that each person has their own little ways of dealing with things. Teamwork is very important. You have to have teamwork in the medical field. Be patient, study hard and don't give up on anything, especially yourself."

One important person in Brittany's life while growing up was her Aunt Erika who raised her. "She was always there for me, no matter what. She was a great encourager and I always looked up to her in every way. She was an educator, teacher and then a principal. I remember going up the school with her sometimes and she was always a very caring person. She See BERT Page 5

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LeNorman Family

Oklahoma's Nursing Times



Brittany Bert, LPN gives tender loving care to the residents at Heritage Point of Oklahoma City.

# **BERT** Continued from Page 4

was kind and considerate and had all the answer when I would ask for advice."

Ending with some wise words that Brittany's fifth grade teacher pounded into their little absorbent heads: Always have common sense, thinking before acting, using good judgement.

# DEVICE Continued from Page 2

therapy. Instead, the device is small enough to be delivered through a catheter and implanted directly into the heart with small tines, providing a safe alternative to conventional pacemakers without the complications associated with leads – all while being cosmetically invisible. The Micra TPS is also designed to automatically adjust pacing therapy based on a patient's activity levels.

"This device will allow our patients to get the most advanced technology in pacing the heart for slow heart rate," stated Khastgir.

The Micra TPS also incorporates a retrieval feature to enable retrieval of the device when possible; however, the device is designed to be left in the body. For patients who need more than one heart device, the miniaturized Micra TPS was designed with a unique feature that enables it to be permanently turned off so it can remain in the body and a new device can be implanted without risk of electrical interaction.

The Micra TPS is the first and only transcatheter pacing system to be approved for both 1.5 and 3 Tesla (T) full-body magnetic resonance imaging (MRI) scans and is designed to allow patients to be followed by their physicians and send data remotely via the Medtronic CareLink® Network.

The Micra TPS was approved by the U.S. Food and Drug Administration in April 2016, and has been granted Medicare reimbursement, allowing broad patient access to the novel pacing technology.

# **SPECIAL EVENT**

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

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

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

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

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

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

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

# SPECIAL EVENT Ok Health Quality Improvement Conference set

Health care professionals, community partners and others interested in health care quality improvement in Oklahoma are invited to attend this free, in-person conference event, hosted by TMF Health Quality Institute, the Medicare Quality Innovation Network Quality Improvement Organization (QIN-QIO) in Oklahoma. The TMF QIN-QIO is hosting four free, in-person conference events throughout Oklahoma between September and November 2018. Attendees will have the opportunity to earn free continuing education credits (CME, 2A for DOs, CNE, Pharmacy and medical ethics and professional responsibility) while attending sessions on the following topics.

• Examining the opioid crisis in Oklahoma • Implementing motivational interviewing techniques to help patients make lasting changes • Identifying and treating patients with sepsis • Reducing antipsychotic medication use in older adults across care settings

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In addition to attending the conference sessions, attendees will have the opportunity to meet with TMF quality improvement consultants throughout the conference and for an hour at the end of each conference day. TMF consultants will be available to answer questions and provide assistance with reporting for MIPS. TMF consultants will also be available to answer questions about any other TMF QIN-QIO task or project.

Event Dates: All events are scheduled from 8 a.m. to 4 p.m. CT

Wednesday, Oct. 17, 2018, Tulsa, Wednesday, Oct. 24, 2018, Lawton, Wednesday, Nov. 7, 2018, McAlester

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Oklahoma's Nursing Times



# **Exceptional Needs Coordinator/Clinical RN Specialist**

The Oklahoma Healthcare Authority administers health programs for the state which includes the Sooner-Care programs. The selected individual will act as a clinical specialist to plan and coordinate Care Management for identified members to ensure necessary access to providers and medical services. Will interface with SoonerCare members, providers, advocacy groups, legislative representatives, other state agencies and staff to facilitate Care Management for those members and document care management needs.

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140 GENERAL NURSING

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# Staying alive: Can an experimental OMRF drug stop Mike Schuster's brain cancer?

Last month, Sen. John McCain died from glioblastoma, a form of brain cancer. The same disease took the life of Sen. Edward Kennedy.

But here in Oklahoma, Norman's Mike Schuster continues to live with the disease. As he nears the three-year anniversary of his diagnosis with the deadly cancer, he's already doubled the life expectancy for patients with glioblastoma.

Doctors can't say why Schuster has lived where others have succumbed to the disease. But they believe it may be because of an experimental drug he received—one that was developed by scientists at the Oklahoma Medical Research Foundation.

For Schuster, the first clue that something was awry came in the fall of 2015, just past his 50th birthday. While at work, he passed out with no warning.

He was rushed to the hospital, where an MRI revealed a brain tumor the size of a kiwi just above his right eye. "I'd been healthy all my life," Schuster said. "No medical issues at all. I just couldn't believe that this was happening."

Of the more than 120 types of brain and central nervous system tumors, Schuster's type, known as a glioblastoma, is the most aggressive. The standard treatment regimen involves surgery to remove as much of the tumor as possible, followed by radiation and chemotherapy. Still, the tumor almost always grows back.

With treatment, the median survival—which means half of patients live longer, and half die sooner—is 12 to 18 months. Only 1 in 20 glioblastoma patients will live five years.

In a procedure that lasted six hours, doctors removed as much of Schuster's tumor as they could. When Schuster regained consciousness, his surgeon explained that he'd succeeded in excising most of the tumor. But, he said, like most glioblastomas, this one had "tentacles." Tiny arms of the tumor had grown into surrounding brain tissue and could not be removed. Schuster began follow-up radiation treatment at the Stephenson Cancer Center at the University of Oklahoma. Even though Schuster couldn't feel the electromagnetic waves pulsing through his brain, "you could smell it," he said. He also started chemotherapy, taking a pill called temozolomide. Together, the treatments were intended to kill the tumor cells that remained in the fissures of his brain.

"If you leave even a single cancer cell in the brain, it can regrow," said Dr. James Battiste, the neurooncologist who oversees Mike's care at Stephenson. "The brain is fertile soil for these tumors. That's why chemo and other therapies are so important."

Following radiation—doctors limited his treatment to six weeks for fear of triggering a secondary cancer— Schuster stayed on temozolomide. But just after the one-year anniversary of his diagnosis, an MRI revealed a new tumor.

A second surgery once again removed the primary tumor. This time, doctors kept Mike awake throughout the procedure to ensure they didn't damage crucial areas of his brain. Still, many glioblastoma tentacles had escaped surgeons' reach, remaining lodged in Schuster's brain.

Schuster knew those tentacles were, in essence, seeds that could sprout another full-blown tumor in a matter of weeks. He told Battiste he was willing to try anything to beat back the glioblastoma. He'd read about clinical trials of experimental medications. Was there one that might help him?

Battiste, in fact, was testing a new drug that, he said, "just seemed suited for Mike." It was an investigational medication for glioblastoma that had been born just down the block from Stephenson, in the labs of the Oklahoma Medical Research Foundation.

Known as OKN-007, the experimental medication was discovered by OMRF scientists Drs. Rheal Towner and Robert Floyd. In pre-



At the Stephenson Cancer Center, Mike Schuster receives weekly infusions of an experimental brain cancer drug developed at the Oklahoma Medical Research Foundation. (Photos courtesy Oklahoma Medical Research Foundation). Inserted photo: Mike Schuster's MRI revealed an egg-sized cancer in the right, frontal lobe of his brain. (This image is flipped.)

clinical glioblastoma experiments, the compound dramatically decreased cell proliferation (spread) and angiogenesis (formation of new blood vessels), and it turned on the process of removing damaged cells so they can't become cancerous.

"Those are the three major factors needed in a cancer drug," Towner said. "This compound seemed to do all of them."

Oblato, Inc., a New Jersey subsidiary of Korean biotechnology company GTreeBNT, has acquired the rights to OKN-007 from OMRF. It will move ahead with further trials of the drug in glioblastoma.

At Stephenson, Battiste has been cautiously optimistic about the performance of OKN-007 in Schuster and his other patients. "We've gone to the highest dosage levels the FDA would allow, and we haven't seen any negative effects from the drug." Although evaluating the medication's effectiveness at stopping the regrowth of tumors is not a primary focus of the early phases of the trial, "it's helpful to see things looking good" on this front, too, he said.

In August, Schuster celebrated his 53rd birthday. When he sees other patients with brain tumors, he said, they appear thin and frail. He, on the other hand, has added 15 pounds since beginning OKN-007 infusions. "I've had no side effects at all," he said. "I've also been able to get back to the gym and am doing some yard work. I feel really good."

He continues to travel to Oklahoma City each week for infusion treatments with OKN-007. "I really appreciate all of the support we've received from Stephenson and from people at OMRF," he said.

While fighting glioblastoma has brought numerous challenges, Schuster said the experience has also revealed silver linings. "My friends and family

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

# PRACTICAL NURSING PROGRAMS

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

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

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

# Central Technology Center

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

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

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

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

# Great Plains Technology Center

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

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

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

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

1. Muskogee Campus Ph: 918-686-7565

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

# 4. Tahlequah Campus Ph: 918-456-2594

Kiamichi Technology Center

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

- 2. Atoka Campus Ph: 580-889-7321
- 3. Durant Campus Ph: 580-924-7081
- 4. Hugo Campus Ph: 580-326-6491

5. McAlester Campus Ph: 918-426-0940 6. Idabel Campus (McCurtain) Ph:

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

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

OK 74074 Ph: 405-377-3333 Ext 324

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

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

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

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

# Northeast Technology Centers

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

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

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

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

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

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

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

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

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

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

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

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

# **REGISTERED NURSING PROGRAMS**

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

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

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

## ext. 796

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

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

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

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

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

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

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

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

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

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

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

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

#### Western Oklahoma State College www.wosc.edu

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

## BACCALAUREATE DEGREE PROGRAMS

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

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

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

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

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

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

www.okbu.edu Shawnee Ph: 405-878-2081

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

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

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

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

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

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

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

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

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

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

Lawton Campus Ph: 580-591-8094 3.

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

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

# CANCER Continued from Page 8

# and their prayers for me have turned into blessings."

Of course, neither Schuster nor his doctors can know for sure if the drug is responsible for keeping his cancer at bay. Nor can they say if, or when, the disease might recur. "I can't worry about stuff," Schuster said, "that's out of my control."

Still, he feels certain he made the right decision when he opted to participate in the clinical trial. "Let's just say I've been very blessed. It's pretty cool how this stuff is working."



Since he began receiving infusions of OKN-007, Mike Schuster has grown strong enough to take his wife, Teresa, to dinner and to start working out again. "I feel really good," he said. (Photo courtesy of the Oklahoma Medical Research Foundation).



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. Why is it that I cannot read "the writing on the wall" and get out of this relationship? It makes no sense. I continue to chose the same kind of man. Why do I do this?

A. There actually is a reason you stay; there are probably many but the one that usually hooks us is the following: We continue to be attracted to people that trigger our unresolved childhood issues. For example: Katie came to counseling to talk about her controlling, non-nurturing mother. She described how her mother never praised her, encouraged her or offered any physical affection. Katie always wanted (and NEEDED) her mother's love and fought hard to get it.

She described how, occasionally her mother would show an interest in her causing her to feel, "my mom does love me," then push her away, once again feeling rejected. Katie lived her entire childhood with this mother-daughter dynamic.

When Katie began dating, what kind of men do you think she was attracted to.....if you said, "emotionally unavailable, loving then not so loving, controlling" you would be right. Katie did not have the emotional ability to choose an emotionally connected and loving man.

Katie's father traveled most of her life and her relationship with him was loving but not in a very demonstrative way. He also played a very passive role to her controlling mother. So Katie was playing more of her dad's personality in her relationships.

The "writing was on the wall" usually at the beginning of her relationships. She always found herself "fighting to be loved." So it makes sense that when we continue choosing the same type of people to have relationships with.....the results will always be the same.

Katie described the day she had what she called "an epiphany" and she realized the connection between her mother and the men she chose. She was able to gain more insight and learn that she was not stupid but under the spell of her childhood experiences that she played out in adulthood. We either play them out or go to the extreme opposite.....both being dysfunctional.

It is more difficult than it sounds to "let someone love us" when we don't know how. But we can learn. We can find courage to let it happen. Until then, stop having those dysfunctional relationships until "your picker" is healthier. Oklahoma's Nursing Times



# My coworkers would say that I'm ... Integris SMC Women's and Children's Unit I'm really Helpful and willing to Each week we visit with health care professionals throughout the Metro Efficient and helpful. We Eager, my I

I work triage so I'm really good at multitasking

Helpful and willing to jump in, cry, sit and hold a hand when needed.



Brandy Watkins, RN

Please Let us know Your Thoughts Email: news@okcnursingtimes.com or mail to Oklahoma's Nursing Times P.O. Box 239 Mustang, Ok. 73064

Efficient and helpful. We do a lot of teamwork and I try to help with anything I can.



Kylie Brown, RN

Eager, my middle child was in NICU so when I went into nursing that's where I wanted to be.



Carrie Arter, RN



Our daughter, Ellie, was born in November 2008. When she was 3 months old, we found out she had a liver problem. We went to Children's Hospital in OKC, but were soon sent to a transplant center in Nebraska for evaluation. On March 18th, Ellie was put on the list for transplant. We came back home to wait. Ellie was treated at Children's twice a week, until she began to lose weight in May. We went back to Nebraska the day after Mother's Day, and she was admitted to the hospital. While there, I was evaluated as a living donor for Ellie, and we soon learned I could give her part of my liver. Ellie's transplant was on May 22, 2009. It was the hardest thing that I've ever done, but the easiest decision of my life. We came home Father's Day weekend.

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at www.LifeShareRegistry.org. If you don't have a license or state ID card and do not have internet access, call 800-826-LIFE (5433) and ask for a donor registration card.

LifeShare 🖸



# Where do you find helpwhen you're one<br/>in a million?\$00,000 Oklahomans<br/>are in need of<br/>MENTAL HEALTH<br/>Services.

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

