

Keeping faith Kramer School of Nursing offers Faith Community Nursing Foundations Course



photo by Mike Lee

Faith community nursing is a growing field, says Nelda Hobbs, RN, clinical instructor, and the Faith Community Nursing program coordinator.

by Mike Lee
Staff Writer

Oklahoma City University's Kramer School of Nursing and the Oklahoma Nurses Association will present Faith Community Nursing Foundations Course,

said Nelda Hobbs, RN, clinical instructor, and the Faith Community Nursing program coordinator.

"It is a recognized specialty area by the National League of Nursing," Hobbs said.

The event will take place at the Kramer School, located at NW 27th Street and Blackwelder, Room 334, in Oklahoma City. It will take place Oct 28-30 and Nov. 11-13.

"I'm very interested in getting this information out to the nurses in Oklahoma," Hobbs said. "This is the faith community nursing basic preparation educational course. And what that is we offer it here at Kramer School of

Caring for Oklahoma

St. Anthony Pavilion to deliver hope with state-of-the-art care



Courtney Myers, RN, director of Emergency Care and George Benard, RN, division director for Emergency Services say the St. Anthony Pavilion will enhance health care needs in Oklahoma City and the surrounding area.

story and photo by James Coburn

Progress continues for the St. Anthony Pavilion at St. Anthony Hospital in midtown Oklahoma City. The new 110,000-square-foot building is under construction at 10th Street and Dewey.

Total construction cost including equipment is \$53 million, said George Benard, RN, division director for Emergency Services for St. Anthony's emergency care in the metroplex.

"This has been part of the expansion of St. Anthony for the expansion of better serving our community," Benard said. "We've opened our fourth healthplex and now we've moved on to the pavilion stage, which will be our brand new, state-of-the art, 36-bed ER."

Groundbreaking took place in May, 2014; the building's completion is anticipated at the end of May or first of June of next year.

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PAVILION

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The four-story structure will be complete with brick, stone, stucco with a glass exterior and a new roof-top heliport. It will connect at the northeast wing and through the existing east entrance to the hospital.

"Services provided will include a new emergency room, intensive care unit and step-down nursing units," Benard said.

"The first floor is all emergency services. The second, third and fourth are a telemetry unit and critical care units," he continued.

A previously completed phase of the project involved the addition of surface parking in order to make room for the new structure. The surface parking is located on the block between 8th and 9th Streets and Dewey and Walker.

The entrance currently off of 9th Street will change to the Walker side of the building for emergency room patients and those patients being transferred there by EMSA.

The configuration of the St. Anthony Pavilion will compliment the needs of patient care with easy access for physicians, nurses, patients and family members as well as related

hospital staff.

There will be 48 critical care beds.

"Our critical care director, Darla Wilson, has been directly involved with all of the critical care beds and how they've set it up," Benard said. "This has actually been a five-year project for the Pavilion."

The two existing ER facilities for cardiac services and the main ER will operate from the new facility while gaining beds.

The same physician group that serves all of St. Anthony's ERs is the Team Health Physician Group and will continue as Dr. Chad Boren is its medical director. Courtney Myers, RN, serves as director of the St. Anthony emergency department.

"I love to get trauma patients, so I'm excited to get a new building and CC (critical care) is close to us," Myers said. "So I feel like we're going to be more marketable. We'll also get a second helicopter pad, so we'll be able to take more helicopters from the field." A stroke patient from rural Oklahoma was recently transported to St. Anthony for neurological care. The hospital is geared for any type of trauma, she said. Transfers are also made from other facilities.

"Our affiliate hospitals that we have throughout the state also transfer patients," Benard said. "Currently, our helipad is located on our west parking garage. We will actually have the helipad on the Pavilion itself with an elevator that goes right to it to better serve us and the patients that are being brought in and going to the critical care units and the cath lab."

All of the ER equipment is being

updated, a process that has been in place with the development of the St. Anthony Heathplex systems, Myers said.

"The newest thing that we've got is a brand new level 1 fluid infuser," Myers said. "We can infuse fluid or blood products very rapidly to someone who needs them."

Myers is also happy about a new area designed in the ER for mental health patients, she said.

"It's state-of-the-art for anywhere in Oklahoma to be thinking emergency rooms with a lot of mental health patients. It will be greatly improved in the new building. It will have its own quiet, safe area. It's just a better value for those patients."

A new CT-scan will be added to the department in line with the trauma rooms. The physicians' rooms will face toward those areas.

The hospital staggers the amount of nurses in the ER. The day begins with seven ER nurses in the department. Four more nurses are added at 11 a.m. and another RN at 3 p.m.

"I truly have the love for the emergency population," Benard said. "It's ever-changing, and you're always a student. You're always learning something new every day."

Myers has been with the St. Anthony ER for 11 of the 17 years she has served there.

"The thing I love about the emergency room is you never know what's going to come through," she said. "It's just the opportunity to touch this volume of lives. You're not just touching the patient. You're touching all the families."

2015 OUMS PALLIATIVE CARE SUMMIT SCHEDULED

Experts will be speaking on current issues and trends in Palliative Care and End of Life Care for Adults and Pediatrics. Keynote Speakers are Dr. Carole Kenner and Dr. Porter Storey and topics will include Integrated Care and Communication in Pediatric Palliative Care, Withdrawal of care in critically ill children, Sibling communication, Dyspnea in advanced disease, Advanced Directives/DNR/Power of Attorney/ POLST and Care of the caregiver.

Continuing Education credits will be available to Nurses, Social Workers, and Respiratory Therapists. More information and registration available at: <https://www.oumedicine.com/oumedicalcenter/2015-palliative-care-summit>.

Registration Deadline is October 22, 2015 and the event is free to attend. lunch will be provided. No registration accepted at the conference with no partial attendance.

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FAITH

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Nursing and we invite nurses of all denominations to come and attend this prep course so they meet the established criteria and curriculum to bring Faith Community Nursing into their congregation."

Course work includes:

- Gain an understanding of the theoretical knowledge necessary to begin in practice as a Faith Community Nurse.
- Discuss the various roles of the Faith Community Nurse in Practice.
- Examine and nurture personal spiritual development.
- Identify a network of continuing education and support.

Most faith community nurses have a church affiliation.

"But if you're a faith community nurse, it's wherever God calls you," Hobbs said. "Wherever you're needed. Whatever spiritual journey you happen to go on with whomever you meet."

Faith community nursing encompasses mind, body and spirit, Hobbs said. It is one of the fastest growing specialty fields in nursing, she said. Faith community nursing is not hands-on nursing. It is being a spiritual representative to help an

individual on whatever journey they are on, she said.

There is a Faith Community Nursing Association of Oklahoma established in Oklahoma City with regular meetings. Faith community nurses come together to see what their assessments are for their congregation or their community at large, Hobbs said.

"I've been here for almost 12 years," Hobbs said. "I consider Oklahoma City University my parish community," Hobbs said.

Many of the nurses who complete the Faith Community Basic Education Course go into mission work. Each semester, Hobbs does a presentation about faith community nursing to the students. Her hope is that nurses will take this practice into their daily practices. They will be the instrument of meeting whatever spiritual or emotional need is present, Hobbs said.

"We want all religions to be part of the faith community nurse movement," Hobbs said. "But I hope that nurses realize that when they're dealing with patients, that the spiritual component of care is so important and can make such a big difference to their recovery, to have somebody there that they know."

Hobbs said hopefully nursing students graduate from Kramer School of Nursing knowing they take care of mind, body and spirit.

The program offered in October and November is offered once a year. It may be offered twice a year in the future, Hobbs said. Kramer School of Nursing is where the program originated. Several years ago, Catholic Charities assumed the responsibility of the program. However, in 2014, OCU took it back from Catholic Charities, she said.

"I was excited about that because I wanted to be responsible," Hobbs said. "It's such an important area of nursing that we just really need to get nurses back to looking back at that piece of patient care, or client care as they say now."

Patients are more than a procedure, she said. They are not a fractured leg.

"You have to look at that whole person that is in that hospital with all the things that are going on," Hobbs said. "Be the vehicle to let them know that there are other forces at work, or to just reinforce in them the need they might have right then for a higher power. Some people like to say God, some people like to say Jesus, and in some religions

that's not the deity we refer to, but whomever it is that they feel like they get that strength from -- that's who we want to know is there."

Nurses must complete the educational program in order to call themselves a faith community nurse, she said. Anyone interested in pursuing faith community nursing may contact Nelda Hobbs at 405-208-5945 or nhobbs@okcu.edu.



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CAREERS IN NURSING

CHILDREN DESERVE THE WORLD: CHILDREN'S CENTER - BETHANY

by Vickie Jenkins - Writer/Photographer

Meet Callie Rinehart, RN, Nurse Educator at the Children's Center Rehabilitation Hospital in Bethany, OK. Rinehart went to school at Redlands in El Reno, OK for her associate degree, Southwestern Oklahoma State for her bachelor's and is currently studying at the University of Missouri for her master's. "I love being a nurse and taking care of people," Rinehart states. "I am so happy with my job."

Rinehart tells a very touching story of how she came about wanting to work in the medical field, taking care of others. "It was all because of my dad and it is kind of a bitter/sweet story. When I was in the 5th grade, my dad was having some medical issues and ended up being hospitalized for a month. After he was in the hospital, he was released and able to come home, yet he would need some wound care done. My mom was real squeamish and couldn't handle changing his dressings, etc. I was the one that took care of his wounds. So,

here I was, in the 5th grade, taking care of my dad because my mom couldn't do it. I actually loved it. It was at that time that I knew that I wanted to get into the medical field and become a nurse," she says. "My first job was here at the Children's Center as a nurse aide and it encouraged me to go on and become a nurse. Now, I have been here for 5 years and I love everything about it," she states.

As a nurse educator, Rinehart oversees the training classes for the nurses and answers the abundance of emails. "There are so many emails to respond to," Rinehart says. "There are certain programs that all of the nurses are required to take plus certifications are done. I also like the fact that I oversee the nurses and have a chance to watch the nurses advance in their careers," she adds.

"What advice would you give to someone that was thinking of going into the medical field?" I ask Rinehart.

"I would tell that person that they need to be patient, to listen and to learn. You would be surprised at how many people get anxious to do something, just to get it done and that just puts someone farther behind. I would tell them to take their time, do it the right way, be patient with it and that person will learn so much more. It is such a great help. I would also tell them that being a nurse is one of the most rewarding jobs ever."

When asking Rinehart her opinion of what makes a good nurse, she replied, "I think a good nurse needs to be one who can be aware of time management, be empathetic and sympathize with patients. A nurse definitely needs to multi-task," Rinehart says with a laugh. A nurse needs to be someone who really cares about their job and their occupation. Time management is a big one."

"I see such a change in the children's lives here. Everyone here at the Children's Center has a genuine

concern for the children. It is such a big blessing that I can help a child in the smallest way. It is amazing to work with a child and then, see that child smile; a challenge and a breakthrough. It makes my heart happy, there is no other feeling that can describe it. When I come to work, my inspiration is taking care of the children and doing what is best for them. I know that what I do on a daily basis has such an impact on the children every day and those children deserve the world. I love my babies and teenagers," Rinehart comments.

Describing herself in 3 words, Rinehart says, "I think I am compassionate, caring and I do believe that I think too much. Yes, I know I think too much and that be good or bad," she laughs.

Rinehart is also on the Capital Campaign committee to expand inpatient and outpatient facilities for Oklahoma children with complex medical traditions and traumatic

Look Who's Feeling 22!

That was to be the theme of her 22nd birthday party on September 14, 2015. One thing we did was celebrate birthdays BIG in her life. This year, we will be celebrating the 21 years we lived with her and celebrating how amazing her life was. As a junior in college, she was on her way to fulfilling her college degree in Sociology, as she loved working with underprivileged youth.

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Emergency Medicine Provider Joins Mercy Logan County

Michael Turner's varied career path includes six years as a hospital corpsman in the U.S. Navy; firefighter and paramedic in Kansas; registered nurse in Oklahoma City and Logan County; and certified flight registered nurse. Now, he begins his new role as a nurse practitioner in Mercy Hospital Logan County's emergency department.

"I found Mercy Hospital Logan County about a year after starting my nursing career and immediately felt that Mercy could fulfill my calling as a registered nurse," said Turner.

He has worked as a registered nurse at Mercy Hospital Logan County since November 2012 and said it was Mercy's mission to serve as "the healing ministry of Jesus through compassionate care and exceptional service" that inspired him to go back to school to become a nurse practitioner.

During his Navy career, he was a search and rescue medical technician. In that position, he helped rescue a Blue Angel pilot after he was ejected into the gulf after experiencing engine failure. He said he was also fortunate to help others in emergency situations as a firefighter and paramedic in Wichita, Kansas, and a part-time paramedic in Mulvane, Kansas.

"I have a passion for emergency medicine and I am excited to begin as an advanced practitioner at Mercy," he said.

Turner received his bachelor's degree in nursing from Wichita State University and his master's degree as a family nurse practitioner from Maryville University in Maryville, Missouri.

He is married with three sons. In his spare time, he enjoys participating with his sons in the Boy Scouts. They are looking forward to an 80-mile, 12-day hike at Philmont Scout Ranch in New Mexico next summer.



Callie Rinehart, RN, enjoys her job as Nurse Educator for the Children's Center Rehabilitation Hospital where she has been a nurse for 5 years.

injuries. The statewide campaign which officially launched during a groundbreaking ceremony on September 17th, featured outreach in the northeast, southeast, central, northwest and southwest regions of the state. "I am so excited about it,"

Rinehart added.

One last question for Rinehart. "What words of wisdom would you give to others? "I would say, live life and be happy. I think it is so special working here and I love my job."

OMRF, Putnam City mark 40-year partnership, \$3.3 million in giving



Putnam City teacher Lois Thomas, right, inspired thousands of students to get involved in philanthropy through the district's annual Cancer Drive. Thomas, who died in 2007, founded the drive in 1975 after losing several of her colleagues to cancer. The drive has raised more than \$3.4 million for research at the Oklahoma Medical Research Foundation.

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Putnam City Schools officials recently presented the Oklahoma Medical Research Foundation with a check for \$103,000, marking 40 years of support for the foundation's cancer research efforts. Since the Cancer Drive started in 1975, Putnam City Schools have raised more than \$3.3 million for cancer research at OMRF.

This year's funds exceeded the target goal of \$100,000, which was set to commemorate the district's 100th anniversary.

"When we planned our centennial observance and looked back over 100 years of district history, one of the things that stood out was our relationship with OMRF," said Putnam City Schools Superintendent Dr. Fred Rhodes. "It's something that helps define us as a district and makes us unique. It was instantly apparent that our relationship with

OMRF needed to be recognized and celebrated. It was a calling for us to set a fund-raising goal and pour energy and time into it."

The Cancer Drive was started by Lois Thomas, a Putnam City teacher who chose to act when several of her coworkers and family fell victim to cancer. In 1975, Thomas and a small group of friends went door to door to raise money to help combat the disease. Thomas died in 2007, but her dream of making an impact on cancer is alive and going stronger than ever.

Everything from bake sales to garage sales and carnivals to volleyball tournaments have been used to raise the funds for Putnam City's annual gifts to OMRF over the past four decades. The addition of the Putnam City Cancer Classic,

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Corn Heritage Village is now accepting applications for a 3-11 CNA's/CMA's. We offer competitive benefits and wages in a positive, friendly work environment. 106 W Adams in Corn, OK. Ask for Melissa Collins, HR Director 580-343-2295.

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140 GENERAL NURSING

Now hiring for Certified Nurse Assistants/Certified Medical Assistants for evening and night shift. Competitive wages and benefits.

Corn Heritage Village of Corn is now hiring for CNA's/CMA's for evening and night shift. Competitive wages and benefits. Apply in person at 106 W Adams St, Corn, OK 73024.

We have positions open for Registered Nurse Case Manager and Licensed Practical Nurse Hospice Nurse.

Hospice Nurses. Hospice of Green Country, the only non-profit United Way supported hospice in Tulsa, has positions open for RN Case Manager and LPN Hospice Nurse. OK nursing license required. Previous hospice experience and Allscripts software a plus. Qualified candidates who desire a focus on excellent patient care, please send resume to fax 918-747-2573. 1120 S. Boston, Suite 200 o Tulsa, OK 74119. EOE

140 GENERAL NURSING

Now Hiring Weekend Registered Nurse, Weekend Licensed Practical Nurse, Housekeeper, Cook And Dietary Aides.

Apply in person, Broken Arrow Nursing Home. 424 N Date Ave, Broken Arrow, OK 74012

Now hiring full time and part time Licensed Practical Nurses, Registered Nurse Assistants.

HERITAGE COMMUNITY, a skilled nursing/assisted living facility is now hiring full time and part time LPNs, RNs, and CNAs. Please apply in person at: Heritage Community 1401 North Lelia Street, Guymon, OK 73942 EOE

Now hiring Certified Nurse Assistants, Licensed Practical Nurses, and Registered Nurses

HERITAGE COMMUNITY, a skilled nursing/assisted living facility is now hiring licensed CNAs, LPNS, and RNS. Please apply in person at: Heritage Community, 1401 N. Lelia Guyman, OK 73942. EOE

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We are looking for hardworking weekend Certified Nurse Assistants, Certified Medical Assistants, and Licensed Practical Nurses to come and join our team.

TEN OAKS We are looking for hardworking weekend CNAs, CMAs, and LPNS to come and join our team. Please apply at the community at 3610 SE Huntington Circle, Lawton, OK. No phone calls. EOE.

REWARDING JOB OPPORTUNITIES working with people with disabilities. Full time, part time, evenings and weekends.

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HERITAGE COMMUNITY, a skilled nursing/assisted living facility is now hiring licensed C.N.A.s, L.P.N.s, and R.N.s. Please apply in person at: Heritage Community 1401 N Lelia St, Guymon, OK 73942. EOE

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IMMEDIATE ON site training for DDCNA's at Billings Fairchild Center. Certified Nurse Aides and Certified Medication Aides can earn up to \$11.00 to \$11.50 an hour. All shifts available. Call Doris McAbee at 580-725-3533. E Maple St, Billings, OK 74630. EOE

WE ARE SEEKING LICENSED PRACTICAL NURSE OR CERTIFIED MEDICAL ASSISTANT

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We Are Taking Applications For Certified Nurse Assistants. Rewarding Job Opportunities Working With People With Disabilities. Full Time, Part Time, Evenings And Weekends.

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We are taking applications for Licensed Practical Nurses and Certified Nurse Assistants.

Heavener Manor is taking applications for LPNs and CNAs. Come by and talk to Wyvonne Wright, DON. 204 W. 1st Street, Heavener, OK. No phone calls please.

We are looking for self-motivated individuals to work with people with developmental disabilities in a group home setting.

HTS STAFF Expanding agency looking for self-motivated individuals to work with people with developmental disabilities in a group home setting. This position requires a high school diploma or GED and a valid driver's license. Company paid training provided. Premium pay for fully trained HTS. Please apply at: Supported Community Lifestyles Enid, Inc. 2506 N. Jefferson Enid, OK 73701 580-234-0313

161 LICENSED PRACTICAL NURSING

Licensed Practical Nurse Sign on BONUS \$1,000.00! 3/11 & 11/7.

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204 REGISTERED NURSE

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Director of Nursing and Weekend Registered Nurse needed

for a skilled and long term care facility. Pre-employment background screening required and healthcare benefits are available after 60 days. Apply in person at: Colonial Terrace Care Center - 1320 NE 1st Place - Pryor, OK 74361 918-825-5311

204 REGISTERED NURSE

REGISTERED NURSE ALEXANDER HEALTH

CENTER. The REGISTERED NURSE reports to the Director of the AHC and provides direct patient care in a university clinic setting to both students and employees. Minimum: Oklahoma R.N. license with current BLS/AED certification; minimum of three years work experience in an emergency, ambulatory care or college health facility. Preferred: BSN; EMR proficiency, 12-Lead ECG monitoring, phlebotomy experience. Hours are 8am to 5pm, Monday-Friday, 12 months. 800 South Tucker Drive. Tulsa, OK 74104 The University of Tulsa is an EOE F/M/Disabled/Veteran.

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Oklahoma's
NURSING TIMES

OMRF

Continued from page 5

a 5k run held every November, and the Fun Run have become staples in these efforts, raising more than \$15,000 each year.

"What an incredible 40-year partnership OMRF and Putnam City Schools have. From Lois Thomas' vision of raising funds to support ailing colleagues and it growing into a district-wide fundraising effort, I am truly blown away by the togetherness that this district displays year after year," said OMRF Senior Development Associate Allison Parker. "Even better, it benefits cancer research, which touches most of us in one way or another. OMRF is incredibly lucky to have such a friendship."

OMRF has continued to give back to the district, as well, with its annual Putnam City Junior Scientist Days, bringing inquisitive young students into the lab for hands-on research with OMRF's top scientists.

Cancer Drive donations also established the Putnam City Schools Distinguished Chair in Cancer Research at OMRF, held by scientist Linda Thompson, Ph.D. Thompson's

research has helped created a risk assessment test for breast cancer.

"OMRF is honored to have such a long-standing relationship with Putnam City Schools, and we are grateful for their continued support of our efforts to work toward a cure for cancer," said Thompson.

It is a relationship that has continued to flourish and kept Thomas' mission alive for future students in the district.

"Think about Putnam City's history with OMRF: hundreds of thousands of district students have raised money for cancer research. Hundreds of students have been thrilled, intrigued and inspired as they worked side-by-side with Oklahoma's most accomplished medical researchers," said Putnam City Director of Communications Steve Lindley. "For 40 out of our 100 years, we've helped OMRF and OMRF has helped us. It's a relationship that means the world to the district."



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Special to the Nursing Times

Nurse Shares favorite story in hospice care

By Tamra Spells

My name is Tamra Spells. I'm 50 years old and have been a nurse over 20 years. I started as a CNA for 5 years. I love Nursing!

I have tons of favorite stories, but there is one in particular that continues to stay in my mind and I wanted to share it.

When I started working for hospice, I was assigned a patient that no nurse wanted. Other nurses said he and his spouse were mean and hateful and nothing you did would satisfy them. As the new nurse and new kid on block, I got the assignment. (Which happened a lot to the new nurse!)

I was scared and very worried while driving to the patient's home. I pulled up and sat in my car for a while just to get my bearings about me. I said a prayer and gathered my equipment. With shaky hands, I rang the doorbell and took in several deep breaths.

An older lady with a frown answered the door and in a grumpy voice said "Who are you?!" I explained I was the nurse from hospice and was there to take care of her husband. She begrudgingly opened the door.

I noticed the home was very cluttered and didn't smell too well. I was led into a back room where it was dark and my eyes had to adjust. I saw a hospital bed and an elderly man lying in it. He seemed so sad as well as angry. I smiled at him, but received no response.

After introducing myself, I sat down in a chair beside his bed. I began talking to the patient. He then looked at me and said, "aren't you just here to get vital signs, check my medication and see if my pain is better, then leave?" I said softly "no sir, I'm here for whatever I can do to help you." He looked surprised and appeared speechless. I asked if he was a religious man and he began to tell me a story of how he grew up going to church with his mother and being very involved with church activities, including always praying before meals and bedtime, and reading the bible daily. He then said, "I'm not sure what happened. As I got older I slowly stopped and have not been involved with religion. Maybe my cancer is my punishment for that."

I softly grabbed his hand and said "The lord doesn't punish us, he loves us! Can I say a prayer with you?" He looked at me strangely. I was scared I had offended him, but he said "yes." I prayed for peace and comfort for my patient.

Then we continued to talk as I did his care. The spouse came in and asked if I would like something to drink. She had just made tea. I said, "yes, thank you." She joined us as I was doing his care and we all began talking. Before I know it, I had already been there over 2 1/2 hours. Keep in mind, we (nurses) don't get paid hourly, we were paid per visit. So most of the time nurses want to be through with visits within 45 min to an hour in order to go to the next visit. But this didn't concern me. I was really enjoying time with this family.

I asked the spouse if she needed some help around the house and to have someone stay with the patient while she did errands or just took a break. She looked at me with eyes wide and stated "that would be wonderful!"

So I called the office to see what we could arrange and was told the office had no sitters at this time but would add my patient to the list and arrange for a CNA to assist with the home. I volunteered to do sitting until we had one. Then explained to the spouse we would arrange our schedule so when I came she could do her needed outings.

I had this family in my life for 3 blessed months and my patient and his spouse became totally different people. They became very sweet and accepting of the patient's condition. He wasn't afraid or thinking he was being punished anymore. I was there holding my patient and his wife's hand the day he passed on.

I'm very blessed that I had them in my life to teach me that sometimes all a patient needs is for you to take time to listen, care and show them we will do what we can to help! This event showed me how much I love being a nurse!

(If you have a favorite nursing story, please send to Oklahoma's Nursing Times. Be sure to include your permission to share. News@oknursingtimes.com)

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INTEGRIS Health Edmond Bicycle Event

Join INTEGRIS Health Edmond and INTEGRIS Community Wellness to learn how to better our health through bicycling and outdoor activities!

Bike Your Way to Better Health will be held Saturday, Sept. 26 from 9:00 a.m. to 11:00 a.m. at INTEGRIS Health Edmond, Medical Office Building, 4833 INTEGRIS Parkway

• Kids bicycle rodeo and helmet giveaway (first come, first served)

• Bicycle maintenance clinic

with Al's Bicycles

• Stretching and flexibility techniques with INTEGRIS Jim Thorpe physical therapists

• Healthful snack demo and tasting with Pam Patty, registered dietitian

• Health information and Ask-a-Doc with Chris Shadid, M.D.

• Learn about trail accessibility throughout the city of Edmond

A drawing for one boy's and one girl's bicycle will also take place!

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Why do people ask "how was work?"

Like, work is work...I would rather be in Europe right now, naked on a yacht, while destroying my liver..

Oklahoma's Nursing Times

Hospice Directory

- another free service provided by Oklahoma's Nursing Times -

Alpha Hospice:

7512 N Broadway Ext., suite 312
Okc, 405-463-5695 Keith Ruminer/
volunteer coordinator/chaplain

Autumn Bridge Hospice:

405-440-2440

Autumn Light Hospice:

580-252-1266

Carter Healthcare & Hospice:

OKC - Adam Colvin, Vol. Coordinator,
405-947-7705, ext. 134; Tulsa - Mike
Gregory, Vol. Coordinator,
918-425-4000, ext. 114

Centennial Hospice:

Becky Johnson, Bereavement
Coordinator 405-562-1211

Chisholm Trail Hospice:

Tiffany Thorne, Vol. Coordinator,
580-251-8764

Choice Home Health & Hospice:

405-879-3470

City Hospice:

Beth Huntley, Vol. Coordinator,
405-942-8999

Comforting Hands Hospice:

Bartlesville: 918-331-0003

Companion Hospice:

Steve Hickey, Vol. Coordinator, Guthrie:
405-282-3980; Edmond: 405-341-9751

Compassionate Care Hospice:

Amy Legare, Bereavement/Vol.
Coordinator, 405-948-4357

Cornerstone Hospice:

Vicky Herrington, Vol. Coordinator,

918-641-5192

Hometown Hospice:

Robin Boatman, Com. Relations, Broken
Arrow: 918-251-6441; Muskogee:
918-681-4440.

Crossroads Hospice:

Elizabeth Horn, Vol. Coordinator,
405-632-9631

Cross Timbers Hospice:

Ardmore-800-498-0655
Davis-580-369-5335 Volunteer
Coordinator-Shelly Murray

Excell Hospice:

Toni K. Cameron, Vol. Coordinator
405-631-0521

Faith Hospice of OKC:

Charlene Kilgore, Vol. Coordinator,
405-840-8915

Freedom Hospice:

Tulsa: 918-493-4930; Claremore:
918-343-0493; Tollfree: 866-476-7425

Frontier Hospice:

Kelly Morris, Vol.
Coordinator, 405-789-2913

Full Life Hospice:

Vicki Barnhart, Vol. Coordinator,
405-418-2659

Golden Age Hospice:

405-735-5121

Good Shepherd Hospice:

4350 Will Rogers Parkway Suite 400
OKC OK 73108 405-943-0903

Grace Hospice Foundation:

Sharon Doty, Dir of Spec. Projects -
Tulsa 918-744-7223

Harbor Light Hospice:

Randy Pratt, Vol. Coordinator,
1009 N Meredian, Oklahoma City, OK
73107 405-949-1200

Horizon Hospice:

LaDonna Rhodes, Vol. Coordinator,
918-473-0505

Heartland Hospice:

Shawnee: Vol. Coord. Karen Cleveland,
405-214-6442; Norman: Vol. Coord. Lisa
Veauchamp, 405-579-8565

Heavenly Hospice:

Julie Myers, Coordinator 405-701-2536

Hope Hospice:

Bartlesville: 918-333-7700, Claremore;
918-343-0777 Owasso: 918-272-3060

Hospice by Loving Care:

Connie McDivitt, Vol. Coordinator,
405-872-1515

Hospice of Green Country:

Tulsa: 918-747-2273, Claremore:
918-342-1222, Sapulpa: 918-224-7403

INTEGRIS Hospice, Inc. & the

INTEGRIS Hospice House Ruth Ann
Frick, Vol. Coordinator, 405-848-8884

Hospice of Owasso, Inc.:

Todd A. Robertson, Dir. of Marketing,
877-274-0333

Hospice of the Cherokee:

918-458-5080

Humanity Hospice:

Kay Cole, Vol. Coordinator
405-418-2530

InFINITY Care of Tulsa:

Spencer Brazeal, Vol. Director,
918-392-0800

Indian Territory Home Health & Hospice: 1-866-279-3975

Interim Healthcare Hospice:

405-848-3555

Image HealthCare :

6116 S. Memorial Tulsa, Ok. 74133
(918) 622-4799

LifeChoice Hospice:

Christy Coppenbarger, RN, Executive
Director. 405-842-0171

LifeSpring In-Home Care Network:

Terry Boston, Volunteer and
Bereavement Coordinator 405-801-3768

LifeLine Hospice:

April Moon, RN Clinical Coordinator
405-222-2051

Mays Hospice Care, Inc.

OKC Metro, 405-631-3577; Shawnee,
405-273-1940

McCortney Family Hospice

OKC/Norman metro 405-360-2400
Ada, 580-332-6900 Staci Elder Hensley,
volunteer coordinator

Mercy Hospice:

Sandy Schuler, Vol. Coordinator,
405-486-8600

Mission Hospice L.L.C.:

2525 NW Expressway, Ste. 312
OKC, OK 73112 405-848-3779

Oklahoma Hospice Care

405-418-2659 Jennifer Forrester,
Community Relations Director

One Health Home

Health in Tulsa: 918-412-7200

Palliative Hospice:

Janet Lowder, Seminole, & Sabrina
Johnson, Durant, 800-648-1655

Physician's Choice Hospice:

Tim Clausing, Vol. Coordinator
405-936-9433

Professional Home Hospice:

Sallisaw: 877-418-1815; Muskogee:

866-683-9400; Poteau: 888-647-1378

PromiseCare Hospice:

Angela Shelton, LPN - Hospice
Coordinator, Lawton: (580) 248-1405

Quality Life Hospice:

405 486-1357

RoseRock Healthcare:

Audrey McCraw, Admin. 918-236-4866

Ross Health Care:

Glenn LeBlanc, Norman, Chickasha;
April Burrows, Enid; Vol. Coordinators,
580-213-3333

Russell Murray Hospice:

Tambi Urias, Vol. Coordinator,
405-262-3088; Kingfisher 405-375-5015;
Weatherford-580-774-2661

Seasons Hospice:

Carolyn Miller, Vol./Bereavement
Coordinator, 918-745-0222

Sequoyah Memorial Hospice:

Vernon Stone, D. Min. Chaplin, Vol.
Coordinator, 918-774-1171

Sojourn Hospice:

Tammy Harvey, Vol. Manager
918-492-8799

Sooner Hospice, LLC:

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

Tranquility Hospice:

Kelly Taylor, Volunteer Coordinator
Tulsa : 918-592-2273

Valir Hospice Care:

Dee Fairchild , Vol. Manager OKC Metro:
405.609.3636 Chandler
Shawnee/Cushing: 405.258.2333 Toll
Free: 888.901.6334

Woodard Regional Hospice

580-254-9275 Cathy Poe, RN Director



**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 just started going to a 12 step group and I feel lost. It is about the only thing I have not tried in my quest to get healthier. I thought my job would make me feel whole; I also thought that about my relationship. Getting those 10 pounds off was also lackluster. So what now?*

A. "If you're still unfulfilled after receiving what you wanted you're not aware of what you need."

You are on track to seek out a 12 step program. Excellent opportunity to look at accountability issues and spirituality needs.

If you invest in the program the steps will focus on the following: Powerlessness, Hope, Decision, Inventory (your personal inventory), Confession, Readiness, Asking God (your higher power), Making amends, Continuing to take your inventory, Keeping in contact (with your higher power) and Helping others.

The program creates healthy focus and structure; something lacking in the lives of addicts. It may take several meetings before you get in sync. That is normal and expected because it is new.

"It doesn't happen all at once ..You become. It takes a long time."

The Velveteen Rabbit is a story about a stuffed animal who longs to be real. As the story unfolds the rabbit experiences love and devotion, ridicule, loneliness, uncertainty and loss. All the while, unbeknownst to the little rabbit, he is becoming real. The story ends with him happily hopping among real rabbits. This is what recovery can do for us. Uncovering what we really need.

Most of us live lives that are way too busy. We do what must be done and have very little time for us to explore what needs we are not fulfilling.

People are trying to have relationships and can't define what they are looking for in a future partner. So if you think about it how is it really possible to have a relationship with someone else when we are struggling to have a relationship with ourselves?

When we come out from under the blanket of denial that covers our real self, we will begin to experience the feelings we have buried. They are painful but they are authentic and they are from our heart. And in time we will know the joy of being real.

"Fingerprinting" Tumors to Match Cancer Patients to Best Treatments

Innovative clinical trial opens at Stephenson Cancer Center



Cancer diagnosis is not a one-size-fits-all proposition nor is cancer treatment. Now, a new clinical trial at the Stephenson Cancer Center will help match cancer patients with the best treatment option for their specific cancer.

The clinical trial, funded by the National Cancer Institute is called MATCH, which stands for Molecular Analysis for Therapy Choice. It will analyze patients' tumors to determine whether they contain genetic abnormalities for which a targeted drug exists and then assign treatment based on that abnormality. The goal is to determine whether treating cancers according to their molecular "fingerprint" will improve effectiveness. It's a unique study, rooted in an approach known as precision medicine.

"Many trials enroll patients based on tumor type, for instance, a breast cancer trial that enrolls only patients with a specific tumor type to test a single therapy. The MATCH trial is different. It isn't one trial of one therapy," said gynecologic oncologist Kathleen Moore, M.D., principal investigator for the trial at Stephenson Cancer Center. "So we are essentially matching drugs and

mutations, regardless of the type of tumor you have."

She added this approach opens up opportunities for patients to access therapies they may not have had access to otherwise, either because those therapies were not traditionally available for their tumor type or because they didn't have access to this sort of molecular profiling.

The NCI-MATCH trial aims to screen about 3,000 patients at 2400 sites across the United States, including the Stephenson Cancer Center with a goal of enrolling about 1,000. The trial is open to cancer patients 18 years of age and older with advanced solid tumors and lymphomas that are no longer responding or have never responded to standard therapy and have begun to grow.

In the screening phase, patients will undergo a biopsy procedure. Specimens removed from patients' tumors will then be sent to one of four genetic testing labs, where they will be analyzed for more than 4,000 variants across 143 genes.

Moore pointed out that NCI-MATCH provides molecular/genetic profiling done on fresh tumor biopsies.

See FINGERPRINT next page



NURSE + TALK

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

Why did you choose your field of nursing? - Mercy Edmond I-35

"When I was in school I did my pediatrics in the pediatric area and I just fell in love with it and I've wanted to do it ever since."



Anita Ruiz, LPN

"Family medicine. Because we deal from birth to geriatrics, it's a wide range. And we take care of whole families."



Michelle Rogers, LPN

Each week we visit with health care professionals throughout the Metro



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Sara Denny, LPN

"It's just a passion of mine. I just love taking care of people."



Keli Burr, medical assistant

FINGERPRINT

Continued from Page 10

"This is important because the mutations that are present in a tumor at the time of original diagnosis, which may have been years before, may be different than those that are present at the time of recurrence, after chemotherapy or after other targeted treatments," she explained.

The study also will have many more drugs available than most clinical trials. It's anticipated that 25 to 40 drugs ultimately will be tested, each in a different arm of the trial.

"NCI-MATCH will have a rolling selection of study drugs that target different mutations with an eye toward studying combination agents in the future," Moore explained.

The trial drugs have all either been approved by the U.S. Food and Drug Administration for another cancer indication or are still being tested in other clinical trials but have shown some effectiveness against tumors with a particular genetic mutation.

Many clinical trials are focused on more common tumors such as breast, non-small cell lung cancer, colon cancer and prostate cancer. Patients with these diseases are encouraged

to participate in the MATCH trial. However, a quarter of the spots will be reserved for less common cancers such as sarcomas, gynecologic cancers, head and neck cancers.

Moore said the goal is to gain a better understanding of the frequency of actionable mutations in patients with rare cancers and to assess responses to targeted therapies in patients who would not otherwise have access to these drugs. "Rare cancers are very difficult to study because clinical trials are not as feasible. So it is harder to find new drugs that are effective for them. By including a large number of rare tumors, we can offer treatment with novel agents to a wider audience of patients and have a higher likelihood of determining efficacy," she said.

NCI-MATCH moves the field away from organ-specific clinical research and into molecularly-targeted trials. "In the end, I think we will need both models to be successful," Moore said, "but this will help us identify critical mutations and effective therapies faster, and then bring them back to benefit more patients."

The NCI-MATCH trial also referred to as EAY131 and NCT02465060 is sponsored by the NCI Division of Cancer Treatment and Diagnosis.

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