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Gentle and compassionate care



Care Plus Home Care caregivers become family

photo by James Coburn

Care Plus Home Care has been serving families for more than 23 years, says Kristi Brewer-Campbell, owner and director.

by James Coburn
Staff Writer

Care Plus Home Care is a non-medical private duty home service.

"We take care of seniors in the comfort of their

own home as an alternative to an institution setting," said Kristi Brewer-Campbell, owner and director of Care Plus Home Care, located at 9828 N.E. 23rd Street, Oklahoma City.

"We can go for up to 24 hours a day," Campbell said. "And a lot of seniors we actually live with 24/7 because they can't be left alone."

Care Plus Home Care offers as little as four hours per visit with personal care assistance, companionship, meal preparation, light housekeeping, medication reminders and help with bathing and

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OKLAHOMA'S NURSING TIMES

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Advanced Practice nurses fighting for rights



Toni Pratt-Reid, APRN, is president-elect of the Association of Oklahoma Nurse Practitioners.

story and photo by Bobby Anderson, Staff Writer

Oklahoma's advanced practice nurses are once again seeking full practice authority, backing proposed legislation that would remove financial and logistical hurdles to them providing care to Oklahomans who need it the most.

House Bill 1013, by Rep. Josh Cockroft (R-Wanette) and Senate author A.J. Griffin (R-Guthrie), would grant Oklahoma nurse practitioners (NPs) the freedom to practice to the full extent of their education and training, enabling them to serve Oklahomans where care is most needed.

This is especially important in rural areas of the state that are medically underserved.

Toni Pratt-Reid, APRN, is president-elected of the Association

See APRN Page 2

APRN

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of Oklahoma Nurse Practitioners.

"We're fighting for full practice authority, which is a movement that's happened across the United States," Pratt-Reid said, noting it's the group's second year to rally behind the cause.

Currently, advanced practice nurses in Oklahoma have full practice authority when it comes to diagnosis and treatment options but not full prescription authority.

A regulatory rule is in place that requires a supervising physician be available as needed for consultation.

"In a sense it's an outdated rule and many states have recognized we are capable of practicing independently," Pratt-Reid said. "When I say independently we're not on an island. If we have a broken bone we're going to call an orthopedist. We're not going to call our collaborating (physicians) because they're not an orthopedist. If we have a diabetic that we're needing some consultation we're going to call an endocrinologist. We have our own network of providers we use, talk with and collaborate with."

The current system of securing a collaborating physicians has become one that physicians have a vested

financial interest in maintaining.

"The ability to find a physician who will collaborate with us has become a high pricetag - upwards to as much as \$75,000 per year," Pratt-Reid said.

Earlier this year AARP Oklahoma announced its support of the bill.

"Oklahomans already face a shortage of primary care providers and that problem will only become more acute as our population ages," said Sean Voskuhl, state director of AARP Oklahoma. "The shortage means some Oklahomans are driving long distances and waiting days for appointments for primary care, not to mention a lack of consumer choice. Delays in care not only hurt the consumers, but place added stress on family caregivers, who are all too often overwhelmed with bearing the brunt of providing and overseeing the care of a loved one."

A January 2016 SoonerPoll surveyed 410 likely voters asking, "Do you support or oppose allowing nurse practitioners, who have advanced training, to serve as the primary or acute care provider of record for a patient?" In response, 86.7% said they support allowing a nurse practitioner to operate with full practice authority.

According to the American Association of Nurse Practitioners,

more than one third of the nation has adopted full practice authority licensure and practice laws for nurse practitioners.

The 2010 landmark report from the Committee on the Robert Wood Johnson Foundation Initiative on the Future of Nursing report addressed the issue head-on.

"Nurses have great potential to lead innovative strategies to improve the health care system," the IOM report stated. "However, a variety of historical, regulatory, and policy barriers have limited nurses' ability to generate widespread transformation."

"Many of these barriers have developed as a result of structural flaws in the U.S. health care system; others reflect limitations in the present work environment or the capacity and demographic makeup of the nursing workforce itself. Regulatory barriers are particularly problematic."

The report made the following recommendations to Congress:

* Expand the Medicare program to include coverage of advanced practice registered nurse services that are within the scope of practice under applicable state law, just as physician services are now covered.

* Amend the Medicare program to authorize advanced practice registered nurses to perform admission assessments, as well as certification of patients for home health care services and for admission to hospice and skilled nursing facilities.

* Extend the increase in Medicaid reimbursement rates for primary care physicians included in the ACA to advanced practice registered nurses providing similar primary care services.

* Limit federal funding for nursing education programs to only those programs in states that have adopted the National Council of State Boards of Nursing Model Nursing Practice Act and Model Nursing Administrative Rules (Article XVIII, Chapter 18).

"In many cases, there is no actual collaboration with the physician," said Cockcroft. "This makes the requirement meaningless and only slows Oklahomans' - particularly those in rural areas - access to valid health care services. It already is hard for those in rural areas to find adequate services, and frankly this rule hampers economic development in our rural communities."

University Students Raise Money for the Stanley Hupfeld Academy

The Oklahoma Christian University student body is preparing for the 49th annual Spring Sing show, but this year they decided to integrate a philanthropic component to the event. The students voted and collectively agreed to raise money for the Stanley Hupfeld Academy at Western Village.

The school, which is operated by INTEGRIS Health, was chosen because many of the university's students already serve as mentors at the school and because of the Earn Your Wings program, in which Stanley Hupfeld Academy kids have the opportunity to fly kites and spend the day with new OC students as part of the freshman orientation process.

"Almost everyone on campus has met a kid from Stanley Hupfeld through kite day or tutoring," says Sophomore Paige Arter. "So to have a beneficiary this close to the OC community is great because we are able to put a face with the cause."

The generous contributions from the Spring Sing will greatly impact the students and teachers of Stanley Hupfeld Academy said the school's Principal Ruthie Rayner. "Our target is to provide technology to our classrooms that can prepare our students for the 21st century. We are so thankful to the Oklahoma Christian students for their continual support and commitment to the Stanley Hupfeld Academy community."

This year's show, themed "Rewind The Clock," will feature popular songs from the 1990s performed by six student hosts plus choreographed routines by nine of OC's social service clubs and the freshman class. Each club is required to contribute a basket for the silent auction, and all the donations will go to Stanley Hupfeld Academy.

The Spring Sing show runs March 2 - 4. There will be nightly shows on Thursday, Friday and Saturday in addition to a Saturday matinee. Tickets go on sale Feb. 7 at oc.edu/springsing.



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CARE PLUS

Continued from Page 1

hygiene.

Care Plus Home Care does not offer nursing care, but if a client has that need they can complement a nursing agency assisting at the home.

Certified home health aides are hired along with certified nurse aides as part of a large staff to provide service to clients.

"We do a lot of respite care for caregivers," Campbell said. "Let's say a wife is taking care of her husband and she just needs a break - they'll hire us to come and give some respite. So that can be a really huge help to families because it can be a really stressful thing to do."

The staff at Care Plus Home Care must have a passion for caregiving, she continued. They are hard workers who want more than a paycheck out of life. Dependability is vital in the home care industry, Campbell said.

"We have to have someone who is dependable and doesn't call off work because these people need us," she added.

Clients depend on the caregivers and they become like family. A

gentle nature and compassion is essential while serving the clients.

"Companionship is a huge part of what we do when having someone visit with mom. We have several male caregivers. Our male clients just want someone to pal around with sometimes," Campbell explained. "It's a great fit when we have a male caregiver in with a male client because they get lonely."

Caregivers run errands, shop for groceries and assist with doctor appointments. They can be the eyes and ears for families out of state, Campbell explained. Family members might live four hours away and cannot check on a loved one every day.

"And so that's what we do. We're their eyes and ears and can communicate with families just to make sure dad is OK," she said.

Campbell and her mother Nancy Brewer started Care Plus together. A few years ago her mom started baking homemade birthday cakes.

"It's gorgeous, multi-layered and, people are so thankful because a lot of times their families are out of town and they don't get a homemade birthday cake," Campbell said. "It's so warming because they

always send thank you cards. She has saved all of them."

Campbell gets compliments all the time about the caregivers accepted as family. She is told the caregivers are important and a great family member, Campbell said.

"It can be a great relief," she said.

Campbell said she tells family caregivers they need to take care of themselves. It's so important, she said. Who will take care of their loved one if something happened to the primary caregiver?

"We hear stories all the time of family members calling and they are in desperate need of some help," Campbell said. "And they're saying, 'I just need a break,'" Campbell said. "A lady called me just a few weeks ago and she needed just to go and take a nap. She couldn't because she was up all night with her husband. And she said to me, 'I'm going to stay at home while you're here, but I just need to go take a nap.'"

Being small and family owned allows Care Plus Home Care to take the extra step in taking care of clients.

"They know they can always call me," she said.

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Triston was a country boy who enjoyed hunting, fishing and the great outdoors. He was a great student and football player and enjoyed cooking dinner for family and friends. Triston was compassionate, dependable and cared about acts of kindness, so it was no surprise to his family that he would become an organ and save three lives.

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CAREERS IN NURSING

HOMETOWN GIRL: APRN STAYS CLOSE, GOES FAR

by Bobby Anderson - Writer/Photographer

Amanda Kuehner's dad used to joke that he never knew anyone who could put as many miles on a car without ever leaving town as his daughter.

Growing up in Seminole, Kuehner and her friends would drive back and forth over Boren Boulevard bouncing from house to house.

She never figured that decades later she would become one of the town's two advanced practice nurses, taking care of that same community that helped her grow into the woman, wife and mother she is today.

Today, Kuehner serves as a family nurse practitioner at AllianceHealth Seminole.

It's a dream come true.

"It was really, really awesome because I didn't want to move," Kuehner said. "The timing was really perfect."

One of the town's two nurse practitioners moved out of state the day after she graduated NP school.

After working 10 years at St.

Anthony Shawnee she was finally ready to come home, moving into her new role with Dr. Michelle Barlow this past year.

SMALL TOWN

"Very small town," Kuehner said of growing up in a town of less than 7,000 residents. "There wasn't a whole bunch to do. You bounce from one house to the next. There's no secrets in Seminole and you didn't get away with much so we were pretty much good kids because you didn't have a choice."

Kuehner's family moved back to her mother's birthplace in 1991.

Her mother earned a speech pathology degree and moved the family back to work for the Seminole County Co-op, traveling to schools in Seminole, Strother, New Lima and other surrounding towns helping children.

Kuehner would grow up there, eventually graduating from Seminole High in 2002.

No one in Kuehner's family had

a medical background. Her dad drove a truck. Her sister grew up to be a human resources director.

It was one day in home economics class that a video spurred Kuehner's interest.

"We watched a movie about a baby that had a tumor in its lung and they did the surgery in utero," Kuehner said. "I knew I had to do something like that."

"Something like that" changed into nursing after a semester at Oklahoma State University.

"I decided I wanted a different hands-on version of medical," she said. "After I became an RN and was there for a long time I wanted that advanced role."

She went to Seminole State Junior College for her nursing degree. Her BSN came via an online program and her NP was through a distance-learning offering at Indiana State University.

She graduated in 2015.

Seminole was also where Kuehner

met her husband, a life-long Seminole resident.

The couple now lives out in the countryside, renting a place from an uncle until they decide whether to build a home.

She has a third-grader and one in Head Start.

Kuehner's mother-in-law lives across the road.

Now, Kuehner makes it to the office by 9 a.m. each day after she drops her kids off to school.

From there she's off and running.

"We have all walks of life," she says. "Everybody comes from a different background. The part I was really excited about taking on this job was that I would get to see a lot of people I know. I love that because I know I'm taking care of the people who are helping raise my family - teachers, friends. That gives me a great peace of mind."

"I'm trying to make an impact on this town."

Continued on next page



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Amanda Kuehner, APRN, grew up in the same community she now takes care of as an advanced practice nurse.

Kuehner understands she fills a vital role in her community.

She's the main provider for a certain segment of Seminole's population.

But with AllianceHealth she enjoys the access to specialists who come to town several days a week.

"We do have a lot of patients

that we really have to figure out ways to get their treatments," she said. "It might not be easy to drive to Oklahoma City to see a specialist or they don't have the funds to pick up their prescriptions they need.

"We have to be creative."

Working in her new role has only reaffirmed what Kuehner thought she would be getting out of her profession. And doing it so close to home has made it even better.

"I do think that's why people like me have done well staying close to home because there is that trust and connection," Kuehner says. "Everybody deserves to be taken care of."

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The Highlands at Owasso is now hiring for Charge Nurses.

Due to incredible growth The Highlands at Owasso is now hiring for Charge Nurses. The Highlands offers competitive pay and benefits as well as more paid time off and a team atmosphere. If you would like to work for a beautiful new facility that you can be proud of, please submit your resume and schedule a tour. 10098 N 123rd E Ave, Owasso, OK

We are seeking Nurse Aide and Certified Nurse Aides. All Shifts - Will Train.

The Village Health Care Center, 11709 South Main Street, Broken Arrow, OK, 918-251-2626

161 LICENSED PRACTICAL NURSING

We are currently hiring an Licensed Practical Nurse for 3PM-11PM Monday - Friday. We have a friendly work team, and nice, clean work environment! Autumn Wood is searching for a dedicated individual to join our Memory Care team. We are a 60 bed LTC/Skilled Specialized Alzheimer's and Dementia Care Community. Our community is divided into 5 neighborhoods, in which, staff get to work with approximately 12 residents & 2 staff members at a time. We are currently hiring an LPN for 3P-11P Monday - Friday. We have a friendly work team, and nice, clean work environment! We welcome you to call, email, or stop by and fill out an application Monday-Friday, 9am-3pm. Please call with any questions. We hope to see you soon! 918-283-4949. 2700 NORTH Hickory Street. Claremore, OK 74017

161 LICENSED PRACTICAL NURSING

Come work for a growing and stable team at PEACE Homecare where you feel appreciated for what you do. Need extra money and want to make a difference? We are looking for Registered Nurse/Licensed Practical Nurse

Attractive professional opportunities exist for individuals wishing for a more flexible schedule. Perfect for the individual seeking to supplement their income. Come work for a growing and stable team at PEACE Homecare where you feel appreciated for what you do. Need extra money and want to make a difference? Prior Homecare Experience preferred but not required. If you are ready to join us as we build our team for the future, please visit us: PEACE Homecare 210 N. University Blvd. Norman, Oklahoma 73069. For more information please call Takara Fitzgerald, Office Manager at 405-701-5951 or fax resume to 405-701-5953.

We are looking for a Full-time position. Monday-Friday. Licensed Practical Nurse/triage needed for busy Pediatric practice.

Main responsibility will consist of answering our busy triage phone. Other responsibilities include, but not limited to, rooming patients, administering injections, handling referrals. Must have at least one year of Pediatric or Family Practice experience. Full-time position. Monday through Friday. Please - NO agencies. Send resume and salary requirements to be considered for this position. 10011 S Yale Ave # 200, Tulsa, OK 74137

Synergy of care

Meeting needs of nursing careers

story and photo by James Coburn

In 2011 the Kramer School of Nursing was considering changes in its curriculum. Associate Professor Carol Mannahan, RN, Kramer School of Nursing and former Kramer Dean Marvel Williamson discussed the need to know that their consumers thought of their curriculum

They were preparing students for the workforce and knew if a change was needed it would be a good idea to communicate with everyone who hires their students.

"As we had suspected for years they were less concerned about the tasks of nursing," Mannahan said.

Consumers wanted their nurses to be more engaged in problem solving and decision making. They wanted them to know about ethics and to focus more with inter-disciplinary teams.

They met with Lisa Rother, RN, INTEGRIS Health director or Clinical Education and Professional Development. INTEGRIS was and is interested in developing leadership.

"She said, 'We have these online modules, but they have to have three hours per module processing in person for them to be really valuable,'" Mannahan said.

Kramer began a partnership with INTEGRIS to address the need for clinical faculty across the state. So in 2011 a synergetic academic course was designed for their mutual development.

The INTEGRIS online course became a clinical course designed for continuing education in leadership development. Part of the partnership was a tuition waiver for the INTEGRIS students. INTEGRIS provided Kramer with an educator to take clinical groups to the hospital.

"This is the fifth year that we've done it, offered a course in both fall and spring for continuing education with academic credit," Mannahan said.

Two years ago INTEGRIS no longer provided the clinical faculty. They didn't have the right person, so they began paying Kramer to purchase an adjunct



Carol Mannahan, Kramer School of Nursing associate professor works with Lisa Rother of INTEGRIS in a partnership to bring together academic theory of nursing with how it is applied.

faculty, Mannahan said. Changes have been done every year.

The fall course is called Contemporary Health Care Organizations. It focuses on moving away from traditional hierarchies and bureaucracies to a more complex rapidly changing health care organization.

The spring course is Evolving Health Care Systems to provide an expansive look not only at the unit a nurse works on but a system of health care. They also talk about creating personal leadership.

"We did away this year with the online course, Mannahan said. The students said they would prefer coming to class. Feedback noted the online course was good but they were not getting a lot out of it, she noted.

"When it finally came down to it they said, 'It's because we just click through it just to get it done,'" Mannahan said. "They are all managers that are in this course. Some from the director level from team leaders on up. They are always short on time, but they can carve out time to come to class."

This year the INTEGRIS students come to the class twice a month instead of once a month. Continuing education courses continue once a month for certified nurses to continue their certificates.

"These are all graduate courses we are talking about," she said.

Those who already have a master's degree take some of the course for continuing education credits. The ones for academic credit earn three credits for graduate school towards their master's

degree. Students for academic credit work with an interdisciplinary team and have online discussion boards.

"About two years into it we began getting more students in our master's program from other schools," Mannahan said of administration management. Special sessions were taught for those students since INTEGRIS has provided the modules.

"For the last three years we've had two to four non INTEGRIS students in the course with INTEGRIS," she explained. "The piece that is the coolest is part of the partnership is for each unit, an INTEGRIS person comes and helps me teach it." Mannahan teaches theory while INTEGRIS conveys how it applies in their organization.

"Later today I'm teaching on strategic planning," Mannahan said. "And I've got lots of good stuff on strategic planning with what it is and all the steps to it."

The INTEGRIS person will address how the knowledge is applied on each level of nursing.

"At first we were kind of afraid that the non-INTEGRIS people would think that was not so good. They love it. We've had them from OU Medical Center and community health. And it's just an application whether it's for their organization or INTEGRIS."

There is also the privacy of organization ethical point in which no forms are taken from Kramer.

"The non INTEGRIS students love it. They just think it has been interesting," she said.

ANNOUNCEMENT

Oklahoma City University's Kramer School of Nursing announces that it will host a site review by the Accreditation Commission for Education in Nursing (ACEN).

Renewal of accreditation is sought for the following programs:

- Bachelor of Science in Nursing, Duncan Campus focus visit
- RN-BSN
- Master of Science in Nursing with tracks in Nursing Education and Nursing Leadership,
- Doctor of Nursing Practice completion track
- Doctor of Nursing Practice, Family Nurse Practitioner track.

Initial review will be conducted for the following programs:

- Master of Science, Clinical Nurse Leader track
- Post-Master's Certificate Programs
- Adult Gerontology Acute Care Nurse Practitioner track.

You are invited to meet the site visit team and share your comments about the program in person at a meeting scheduled at **4:00-5:00pm on March 2, 2017, at the home campus of Oklahoma City University in Kramer School of Nursing East, room 319.**

Written comments are also welcome and should be submitted directly to:

Dr. Marsal Stoll, Chief Executive Officer
Accreditation Commission for Education in Nursing
3343 Peachtree Road NE, Suite 850. Atlanta, GA 30326
Or e-mail: mstoll@acenursing.org

All written comments should be received by the ACEN by Feb 24, 2017.



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 - OKC
Pat McGowen, Vol. Coordinator, 405-947-7705, ext.
134; Tulsa - Samantha Estes, Vol. Coordinator,
918-425-4000

Centennial Hospice: Becky Johnson,
Bereavement Coordinator 405-562-1211

Choice Home Health & Hospice:
405-879-3470

Comforting Hands Hospice: Bartlesville:
918-331-0003

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

Compassionate Care Hospice: Amy Legare,
Bereavement/Vol. Coordinator, 405-948-4357

Cornerstone Hospice: Vicky Herrington, Vol.
Coordinator, 918-641-5192

Crossroads Hospice: Elizabeth Horn, Vol.
Coordinator, 405-632-9631

Cross Timbers Hospice: Ardmore-
800-498-0655 Davis-580-369-5335 Volunteer
Coordinator-Shelly Murray

Excell Hospice: Toni K. Cameron, Vol.
Coordinator 405-631-0521

Faith Hospice of OKC: Charlene Kilgore, Vol.
Coordinator, 405-840-8915

Frontier Hospice: Kelly Morris, Vol.
Coordinator, 405-789-2913

Golden Age Hospice: 405-735-5121

Good Shepherd Hospice: 4350 Will Rogers
Parkway Suite 400 OKC OK 73108 405-943-0903

Grace Hospice Foundation: Sharon Doty, Dir
of Spec. Projects - Tulsa 918-744-7223

Harbor Light Hospice: Randy Pratt, Vol.
Coordinator, 1009 N Meridian, Oklahoma City, OK
73107 405-949-1200

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

Heartland Hospice: Shawnee: Vol. Coord. Karen
Cleveland, 405-214-6442; OKC: Vol. Coord. Tricia
Woodward, 405-579-8565

Heavenly Hospice: Julie Myers, Coordinator
405-701-2536

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

Hospice by Loving Care: Connie McDivitt,
Vol. Coordinator, 405-872-1515

Hospice of Green Country: Tulsa:
918-747-2273, Claremore: 918-342-1222, Sapulpa:
918-224-7403

**INTEGRIS Hospice, Inc. & the INTEGRIS
Hospice House:** Ruth Ann Frick, Vol.
Coordinator, 405-848-8884

Hospice of Owasso, Inc.: Todd A. Robertson,
Dir. of Marketing, 877-274-0333

Humanity Hospice:
Kay Cole, Vol. Coordinator 405-418-2530

InFinity Care of Tulsa: Spencer Brazeal, Vol.
Director, 918-392-0800

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

Interim Healthcare Hospice: 405-848-3555

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

LifeChoice Hospice: Christy Coppenbarger,
RN, Executive Director. 405-842-0171

LifeSpring In-Home Care Network: Terry
Boston, Volunteer and Bereavement Coordinator
405-801-3768

LifeLine Hospice: April Moon, RN Clinical
Coordinator 405-222-2051

Mercy Hospice: Sandy Schuler, Vol.
Coordinator, 405-486-8600

Mission Hospice L.L.C.: 2525 NW Expressway,
Ste. 312 OKC, OK 73112 405-848-3779

Oklahoma Hospice Care: 405-418-2659
Jennifer Forrester, Community Relations Director

One Health Home Health in Tulsa:
918-412-7200

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

Physician's Choice Hospice: Tim Clausing,
Vol. Coordinator 405-936-9433

Professional Home Hospice: Sallisaw:
877-418-1815; Muskogee: 866-683-9400; Poteau:
888-647-1378

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

Quality Life Hospice: 405 486-1357

RoseRock Healthcare: Audrey McCraw,
Admin. 918-236-4866

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

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

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

Sequoyah Memorial Hospice:
Vernon Stone, D. Min. Chaplin, Vol. Coordinator,
918-774-1171

Sooner Hospice, LLC:
Matt Ottis, Vol. Coordinator, 405-608-0555

SSM Health names Kaiser as next President and CEO

Following a nationwide search, the SSM Health Board of Directors has selected Laura Kaiser as the health system's new President/Chief Executive Officer. Kaiser will begin with SSM Health on May 1 and replace William P. Thompson, who will retire at the end of April after 37 years of service with the organization.

Kaiser is an accomplished health care executive with more than 30 years of experience in improving clinical quality and patient satisfaction, fueling operational performance and growth, and successfully facilitating health care integration. She comes to SSM Health from Intermountain Healthcare, where she has served as Executive Vice President/Chief Operating Officer for the past five years. Prior to Intermountain Healthcare, Kaiser spent 15 years at Ascension Health, serving in a number of leadership roles, including Ministry Market Leader of the Gulf Coast/Florida region for Ascension and President/CEO at Sacred Heart Health System.

"Ms. Kaiser is a gifted and visionary leader with a proven track record of achieving extraordinary results," said David Cosby, Board Chair, SSM Health Board of Directors.

"We believe she is the right leader to help lead our organization into the future, while ensuring the strength of our mission and providing our patients and customers with the exceptional care and service they have come to expect from SSM Health."

As President/CEO of SSM Health, Kaiser will be responsible for leading all aspects of one of the largest integrated health care systems in the nation. She will be instrumental in guiding SSM Health's transition to a value-based model of care as it strives to improve the health of the community, further enhance the patient and member experience, and lower the overall cost of care.

"It is an honor and a privilege to join the wonderful SSM Health caregiver team and to lead this extraordinary faith-based health care system with an international reputation for quality," said Kaiser.

Kaiser, a Missouri native, earned a Bachelor of Science in Health Services Management from the University of Missouri-Columbia as well as a Master of Business Administration and Master in Healthcare Administration from Saint Louis University. She is also a Fellow of the American College of Healthcare Executives.

Saints Heart & Vascular Institute Welcomes Local Celebrity Chef Kamala Gamble

St. Anthony's annual Celebrity Chef series returns for its sixteenth event, featuring local Celebrity Chef Kamala Gamble. A seasoned chef and named one of seven most influential gardeners in Oklahoma, Chef Kamala believes in celebrating the joy of eating and living well.

Chef Kamala received a culinary degree from Le Cordon Blue, an acclaimed Scottsdale Culinary Institute in Arizona, as well as studied under Oklahoma Native Chef Rick Bayless. Though known for her cooking classes and catering, she also owns a popular suburban garden in Oklahoma City. Operating a vegetable subscription service for more than 12 years, Chef Kamala believes in local and fresh as she grows vegetables year round.

Chef Kamala has been featured in Southern Living magazine, as well as appeared on the popular Food Network. To experience Chef Kamala's passion for delicious and healthy foods, attend Saints Heart & Vascular Institute's Celebrity Chef Event for a heart healthy dinner and cooking demonstration, Wednesday, February 22, at 7 p.m., in the Rapp Foundation Conference Center in the Saints Medical Plaza Building. Serving a flavorful menu sure to please guests, Chef Kamala will also provide helpful local shopping tips.

Ticket are on sale now for \$25 each; to purchase visit Saintsnearyou.com.

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



**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. What is one thing that has many health and wellness benefits, something everyone can afford and has no side effects or warning labels? MUSIC!!!

A. "I think music in itself is healing. It's an explosive expression of humanity. It's something we are all touched by. No matter what culture we're from, everyone loves music." - Billy Joel

Music can.....Ease pain.

Music can.....Increase workout endurance.

Music can.....Speed up post-workout recovery.

"Music can change the world because it can change people." - Bono

Music can.....Improve sleep quality.

Music can.....Enhance blood vessel function.

Music can.....Reduce stress.

"Music touches us emotionally, where words alone can't." - Johnny Depp

Music can.....Relieve symptoms of depression.

Music can.....Induce a meditative state.

Music can.....Improve cognitive performance.

"Ah, music," he said, wiping his eyes. "A magic beyond all we do here!" - J.K. Rowling

Music can.....Help people perform better in high-pressure situations.

Music can.....Relax patients before surgery.

Music can.....Ease stress after surgery.

"Music is the universal language of mankind." - Henry Wadsworth Longfellow

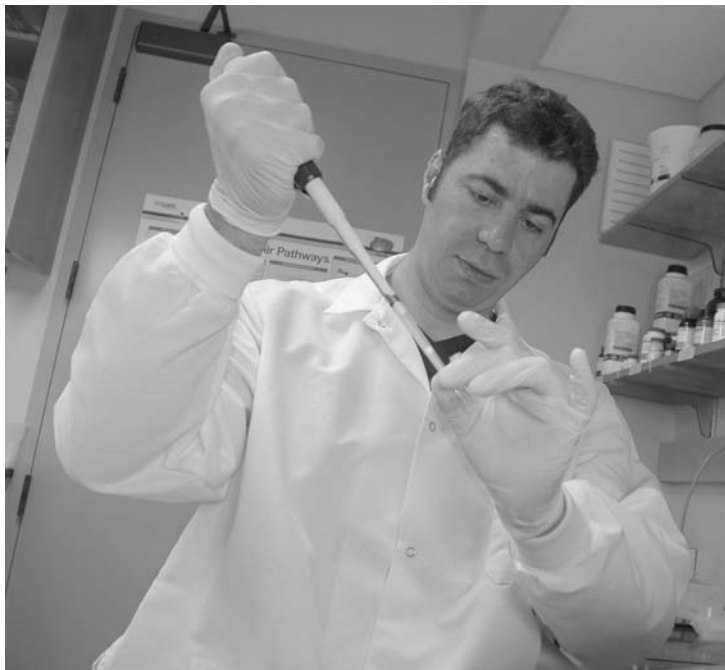
Music can.....Elevate mood while driving.

Music can.....Help cancer patients manage stress and anxiety.

Music can.....Ease recovery in stroke patients.

"Music is the language of the spirit. It opens the secret of life bringing peace, abolishing strife." - Kahil Gibran

Researchers discover cellular process that helps prevent birth defects, infertility



Oklahoma Medical Research Foundation scientist Roberto Pezza, Ph.D.

A team of researchers has discovered a critical process responsible for producing the correct number of chromosomes in healthy offspring.

The research, published in the journal *Science*, shows that genetic events during the division of reproductive cells are regulated by a system that marks proteins to be destroyed. When the timing of this destruction goes wrong, it results in the incorrect number of chromosomes in either the sperm in the male or the egg in the female, which can cause birth defects.

Oklahoma Medical Research Foundation scientist Roberto Pezza, Ph.D., who contributed to the new study, explained that the process by which these proteins are targeted for destruction has been known to affect other processes. "But it had never been shown before in the context of reproductive cells in mammals," he

said.

This process occurs during meiosis, a specific type of cell division that produces the sperm and egg. When these join to create offspring, the correct number of chromosomes must be present in each. But if this fails to happen, said Pezza, "It can create significant negative effects on human health and development."

Abnormal numbers of chromosomes—known as aneuploidy—are a common cause of genetic disorders and birth defects, including Down syndrome, Turner syndrome, Klinefelter syndrome and spontaneous abortion.

The research shows that cells that undergo meiosis also experience being marked for destruction.

"Marking proteins for destruction is not a bad thing. It is as important

See PROCESS next page



NURSE + TALK

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

What do you love about the patients you serve being a home health nurse? Companion Home Health

"I love the fact that I not only get to take care of the patients, I get to take care of the families."



Amber Zamora, RN

"I love developing a relationship with them and loving them like family in this vulnerable time of life."



Torrie Halbert, RN

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

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P.O. Box 239
Mustang, Ok. 73064

"I love the difference we can make in their spiritual, physical, mental and emotional capacities as well as the reaction and interaction with their families."



Rhonda Van Buskirk, RN

"I enjoy getting to know them and getting to know what they have done with their lives. I just love being able to love on them and their families."



Heather Walker, RN

PROCESS

Continued from Page 10

to the cycle as their creation, but the timing of it is critical," said Pezza.

Pezza joined OMRF in 2008 from the National Institutes of Health in Bethesda, Maryland, where he was a research fellow. In his lab at OMRF, he studies how the chromosomes segregate during cell division and what causes errors in the process, which are the leading causes of birth defects.

This new information, he said, may help scientists more firmly grasp the basic processes that facilitate

proper chromosome segregation and the production of healthy reproductive cells.

"By knowing these processes, now we have the potential to predict, treat and possibly even prevent these aneuploidy-based human diseases in the future," Pezza said.

Pezza collaborated with researchers at the University of California, Davis, on the work. His research was supported by grant number GM103636 from the National Institute of General Medical Sciences and March of Dimes grant 1-FY14-256.

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