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Heart for nursing PCCU

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photo by James Coburn

Ginny Mennis, RN, says there is enormous satisfaction in giving bedside care with a positive impact on life. She manages the PCCU department at Oklahoma Heart Hospital in northwest Oklahoma City.

by James Coburn
Staff Writer

Ginny Mennis, RN, sees a variety of patients as the Progressive Coronary Care Unit manager at the

Oklahoma Heart Hospital in northwest Oklahoma City. Mennis has acted in this new role since July.

"We get patients from the ER or we get people

admitted who maybe need a pacemaker and then we send them off for placement and they come back to us as well,"

Patients are prepared in the PCCI at OHH for open heart surgery. They will go for surgery and return to the PCCU where they are prepared to return home. She helps to manage many patients living with

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OKLAHOMA'S NURSING TIMES

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Seminole pride Nurse leads rural health center



photo by Bobby Anderson

Debbie Hancock, RN, MSN, serves AllianceHealth Seminole as the Chief Nursing Executive.

by Bobby Anderson, Staff Writer

As AllianceHealth Seminole's Chief Executive Officer, Debbie Hancock, RN, MSN has learned to always carry a set of scrubs with her just in case.

High heels, slacks and pearls are generally the order of the day but then again, like every nurse knows, things tend to hit the fan when you least expect it.

But it's not a big deal for the 17-year nursing veteran who feels as comfortable in the boardroom as she does in the emergency room.

"It's a smaller hospital than the one I came from and there's really a family atmosphere. Most of the people that work

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SEMINOLE

Continued from Page 1

here have worked here forever and that's dedication right there," Hancock said. "They want to work here. They want to be here."

"The people here just make it," Hancock continued. "They're proud of their hospital. They're proud of their community. They could go anywhere but they choose to be here."

Hancock has served the Seminole population as AllianceHealth Chief Nursing Executive for more than half a year.

She came from a similar role in Texas at Hill Regional Hospital.

Looking to make a move to get closer to her grandchildren, Hancock was able to move from a seven-hour drive to her grandkids in Wichita, Kansas to just three hours.

WEARING LOTS OF HATS

The experience of a rural hospital is a new one for Hancock, who leads a facility licensed for 32 beds. Her last hospital in Texas had more than a 130-bed capacity.

"With it there's more challenges here because you wear more hats. You're responsible for more because you don't have the people," says Hancock, who's worked a couple days each week

on the floor for the past few weeks.

On given days, Hancock has found herself serving as the emergency room director or the medical-surgical director.

There's no flex pool or staffing office to call up when someone is sick.

And the small town of Seminole isn't one that's attracting a lot of medical professionals.

"We try to breed them from within," said Hancock, whose hospital sits a stone's throw away from Seminole State College. "You have to have people with a different mindset."

That means showing people that they have ownership of the hospital and their individual unit. After all, they are there to make a difference and stepping up to a leadership role can often be the best and fastest way to improve outcomes.

So far, Hancock has been amazed by staff that have shared leadership roles among them.

"In a bigger hospital you have so many other people you can lean on to take care of things," Hancock said. "Here you have to lean on nurses that you have."

That's why, on occasion, she ditches her desk, puts on her scrubs and hits the floor.

"With it there's more challenges here because you wear more hats. You're responsible for more because you don't have the people,"

Debbie Hancock, RN, MSN

"I see what they're going through and the struggles that they do have," Hancock said. "When they tell me we can't do that when I work down there with them I find out why."

THE VISION AHEAD

The wheels are already in motion at AllianceHealth Seminole, which is working to expand offerings.

"I want to see it grow. We have new programs, a sleep lab that's opening and we're working on chest pain accreditation," Hancock said.

February is the expected chest pain accreditation timeline. Soon after the hospital will pursue stroke certification.

"All of AllianceHealth is working towards the same goals and initiatives," Hancock explained. "It's important for us to be able to meet our goals. It makes it easier on our nurses when we transfer. When we have the same chest pain and stroke protocols it's an easy transfer."

"I just want to see us grow and get the people in place that need to be here."

She has a feeling most of the pieces are already in place. A couple more hires and she expects a full staff.

Mentoring and moving up within are the order of the day as is Hancock's willingness to accept suggestions from staff.

"Our goals are the same, it's just how we get there," Hancock said. "We're excited. Good things are happening here."

AllianceHealth Seminole currently serves more than 30,000 residents in Seminole County and the surrounding area. Seminole is a licensed acute care hospital with two large operating suites, one endoscopy suite, one post anesthesia recovery room, and 32 private rooms. AllianceHealth Seminole began serving the community in October 2007.



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St. Anthony Hospital Appoints Chad Borin, D.O., as Chief of Staff

Chad Borin, D.O., has been appointed Chief of Staff for St. Anthony Hospital.

Dr. Borin is board certified in emergency medicine. He obtained his undergraduate degree at Southeastern Oklahoma State University in medical biology. He then went on to complete his medical degree from Oklahoma State University College of Osteopathic Medicine. Following his medical degree, Dr. Borin completed an emergency medicine internship at Tulsa Regional Medical Center, and an emergency medicine residency at Integris Southwest Medical Center.

Dr. Borin is the Medical Director of St. Anthony Hospital Emergency Services, as well as an active member of the Medical Executive Committee. He is the first osteopathic physician and first emergency physician to become Chief of Staff. He will serve a two-year term and will be succeeded by Chief of Staff Elect Gregory McKinnis, M.D. in 2019.



Chad Borin, D.O., Chief of Staff for St. Anthony Hospital.

MENNIS

Continued from Page 1

congestive heart failure or pneumonia and medication inductions among other measures.

Mennis came to OHH 13 years ago after earning her Bachelor of Science in Nursing degree at the University of Oklahoma Health Sciences Center. She worked at Presbyterian Hospital, now OU Medical Center, when she was in nursing school. She quickly realized she wanted to work in cardiology after working in oncology for a little bit.

"I fell in love with cardiology. So I've been here at OHH since 2002," she said.

Mennis was a member of the first-year team at OHH after petitioning the nursing board to work as an advanced unlicensed assistant while earning her degree. OHH would not hire nurse techs, but soon she made the transition with her degree.

"Even though they call it unlicensed, you still have to get a certification through the Board of Nursing," said Mennis, who also enjoys spending time with friends and family.

Mennis has never regretted her choice to work at OHH, she said. What keeps her there is she is able to practice the kind of nursing she was taught in nursing school, she said, as far as being able to spend time with her patients, communicate with them and making a difference in their lives.

"You're not just running down your check list of things you need to get done before your eight hours or 12 hours of work. You actually can spend time with your patients," Mennis explained. "That's the part of love about it here."

She was a charge nurse and a shift supervisor before accepting the PCCU management role," she said. "The hospital has been excellent to me. I absolutely love this place."

What she most admires about the PCCU nursing staff is their dedication to patient safety. They are willing to work very hard and as a team, she continued.

"You definitely thrive as a team here. With that range of patients your day can be really good or really bad," she said of the nursing industry. "Even when you have a 4 to 1 nurse to patient ratio, your four varying patients can be very difficult and if you don't have good

team work then it's a hard day for everybody. And they have excellent team work here."

There is a lot of upper-management teamwork support from the shift supervisors, managers and director who all come from nursing backgrounds. She said this quality lends to the stability of the nurse at the bedside. The nurses are assured that they have bountiful support.

The nurses in-turn bring psychological stability in patient care when many of the patients did not plan a hospital stay for a heart condition.

"We get a lot who come in and say, 'I was fine yesterday and now you're telling me I need bypass surgery,'" she said. They might learn they also have diabetes and a sleeping disorder. OHH nurses spend a lot of time in the patients' room talking to them and listening.

"When they're ready to receive the information, we'll explain it to them," she said.

There is also a psychologist on staff who will consult with a patient who is having significant trouble with a diagnosis.

Mennis does not have a water shed moment when she decided to become a nurse, but she has always

known that she loves medicine and health care. Nursing was not her first occupation of choice. She was trying a different path and was not succeeding, she said.

"Finally I gave it up to God," she said.

Nursing is what came through for her and she has not regretted a minute of it. She loves the perseverance that she has found in her patients.

One of the reasons she was drawn to adult care is no matter what she tells them, they tend to be accepting and work to get beyond their immediate limitations.

"We do have a few that haven't accepted the fact that they are getting older and getting sick. But for the most part, people are very open and receptive to education and the care that we give them even though they are having a bad day," Mennis said. "They still strive on to get better and to walk."



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In Loving Memory of Randy and Owen Eldridge and Gay Eldridge Hannan



Hance touched so many lives in his short 20 years. Skydiving and scuba-diving were ways Hance experienced some of the highest and deepest wonders of this world. He loved spending time with friends and family outdoors hiking, rock climbing, camping, biking, running and going to the lake. Hance was a proud Christian. He loved worshiping God through camps, as well as serving, ushering and even speaking at church.

Hance was attending the University of Utah on a full NROTC scholarship and was looking forward to serving our country, when his life was tragically taken by a drunk driver. His family knew that he would want to help others through organ donation.

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CAREERS IN NURSING

MAKING MOMENTS COUNT: LPN COUNTS HER BLESSING AS NURSE

by James Coburn - Writer/Photographer

A love for the elderly and geriatric care is what called Katie Vandiver to become a nurse, she said.

"That's where my heart is," said Vandiver, LPN, Ranchwood Nursing Center, located in Yukon.

A graduate of Canadian Valley Technology Center, Vandiver became an LPN in 2003 after starting at Ranchwood as a CNA in 1997. She has remained part of the Ranchwood team ever since. She has served there as a charge nurse and today serves as the Medicare coordinator, making sure the nursing home is following federal and state regulations for residents. Vandiver does assessments for both skilled and long-term care.

She was almost 19 years old when she became a CNA and a CMA at Ranchwood. She had just had a baby and needed to work full time.

"I like long-term care because we get to know them. It becomes where residents are not just a last name or a number or a diagnosis," she said. "They're a person and we get to

build those relationships with them."

Vandiver listens to their life stories and becomes accustomed to the residents' likes and dislikes. Ranchwood has a wonderful staff, she said. The nursing staff also has a lot of longevity. Many of them began developing personal relationship skills as CNAs.

"We've all worked our way up to management positions," she continued. "Even some of our floor nurses worked here as CNAs. And we work well together. We work together as a team."

They succeed by putting the interest of the residents as their No. 1 priority. In doing so she has made lasting memories that have touched her heart. Vandiver recalled a woman admitted to the skilled unit when she was a charge nurse. One morning she found the woman eating a bowl of cereal, but picking out the raisins.

She told Vandiver, "I don't like raisins but I like bran flakes."

Vandiver remembered the

conversation that night when she was shopping for groceries. She saw a box of bran flakes without raisins and purchased it.

"I brought it to her and you would have thought I gave her a new car," Vandiver said. "I mean little things like that are the things that I enjoy. I like to make a difference and feel like I am making a difference."

Every week Vandiver would bring the woman a new box of cereal. At that time of her life, the box of cereal was the woman's favorite thing in life, Vandiver said.

"So that's what is important to me. You may be here for a broken hip, but that doesn't mean you're not the same person you were before the broken hip."

Vandiver strives to treat each person as a whole human being without only treating an ailment. There was a gentleman she would see each morning in the dining room. Vandiver would bring him coffee.

"I think that brightened his whole

day," she said.

It made him feel at home relaxing with a routine cup of coffee to begin his day. Vandiver said there were other people there whose role was to provide him coffee.


"But to me it's our job to take care of each person as a whole," she explained. "And if that cup of coffee is going to make him feel better, it is something for me to do."

Another one of her favorite experiences was with an elderly resident who lived at Ranchwood for a long time. Vandiver got to know her as a CMA and became a nurse. The woman was moved to a hall where Vandiver served as a charge nurse.

"She had dementia and I got really close with her and her family as well," Vandiver said. "I was able to be there with them at the end of her life and give them comfort and support."

Vandiver's support meant a lot

Continued on next page



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Each simple moment of life transcends to meaningful experiences for Katie Vandiver, LPN, Ranchwood Nursing Center in Yukon.

to the woman's family. She had been there for them, staying late in the evening after her shift was over. Compassion and empathy are important for being a nurse, she said.

"Not everybody has those, but I think I was blessed with those traits," Vandiver said. "I think that is why nursing is my calling. I am able to help others with compassion and empathy I would want if it was my loved one."

One night she was sitting at Braum's with her family. There had been a gentleman who had hip surgery and she knew him from

time spent in skilled nursing. He was walking with his wife to have ice cream without a cane or walker.

"That's exciting to see them rehab into the community," she said.

She keeps a box of cards and letter she has received from families. Every once in a while she pulls those out to read.

"For me those are the things that make it worth it," she said.



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Registered Nurse (RN). Inverness Village is seeking a dedicated Registered Nurse (RN) to work in our Skilled Nursing department. As an RN, your responsibilities will include but not limited to providing direct nursing care to residents as well as supervising day-to-day nursing activities. Successful candidates must be dependable, compassionate, have good time management and communication skills and have a desire to work with the elderly. They must also have the flexibility to work various shift times to include: evenings, weekends, holidays and nights. Associates receive free access to our on-campus gym, on-going training opportunities, and a work environment rich in our philosophy of valuing associates. Working at Inverness Village can provide you with rewards that extend far beyond pay and benefits. You can be fulfilled both personally and professionally. 3800 W 71st St, Tulsa, OK 74132

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or email ads to advertising@okcnursingtimes.com

Oklahoma's NURSING TIMES

2016 Jim Thorpe Award Recipient Adoree' Jackson Set to Tour Rehab Center



Adoree' Jackson, Jim Thorpe Award winner.

Jim Thorpe Award winner Adoree' Jackson of the University of Southern California will tour the Jim Thorpe Rehabilitation facility at INTEGRIS Southwest Medical Center on Tuesday, Feb. 7, at 9:30 a.m. Jackson will visit with patients and sign autographs before attending a luncheon being held in his honor at the facility.

The Jim Thorpe Award is given annually to the top defensive back in college football. Jackson, a three-year starting cornerback and a three-way performer, is among the nation's most exciting players.

He finished the regular season with four interceptions, 11 pass deflections and two fumble recoveries, all team highs. He also recorded 51 tackles. His all-around game may have buoyed his candidacy. He returned two kicks and two punts for touchdowns this season, tying him for the national lead in overall return touchdowns.

Against Notre Dame, Jackson scored three touchdowns (55-yard punt return, 97-yard kickoff return, 52-yard pass reception), the first time since at least 1958 that a Trojan has had scoring punt and kick returns in a game. Jackson is USC's all-time leader in kickoff return yardage, at 2,045 yards, and is tied for the all-time USC punt return touchdown record, with four.

Earlier this month, Jackson announced that he will enter the NFL draft.

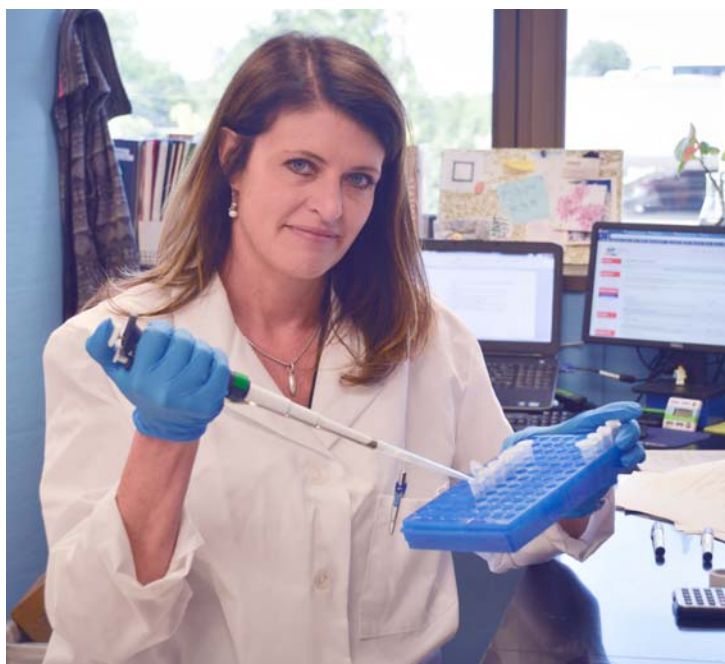
The Jim Thorpe Award is named after history's greatest athlete, Jim Thorpe, and is presented by the Oklahoma Sports Hall of Fame in Oklahoma City. Thorpe excelled at every sport in which he competed, including football where he played on the offensive and defensive side of the ball.

The other Jim Thorpe Award finalists for 2016 were Jourdan Lewis from Michigan and Tre'Davious White from LSU. Jackson is the second player from USC to be chosen as a Jim Thorpe Award winner. Mark Carrier from USC won the award in 1989.

The announcement was made at the Home Depot College Football Awards Show on ESPN. Jackson was presented the Jim Thorpe Award by Thomas Everett, the very first recipient of the Jim Thorpe Award in 1986.

The Oklahoma Sports Hall of Fame will honor Jackson at the Jim Thorpe Award Banquet on Tuesday night, Feb. 7, 2017, in Oklahoma City. The banquet will be held at the National Cowboy and Western Heritage Museum.

OMRF researchers find that a biological "good guy" has a darkside



Oklahoma Medical Research Foundation scientist Darise Farris, Ph.D.

The Rheumatology Research Foundation has named Oklahoma Medical Research Foundation scientist Darise Farris, Ph.D., as a recipient of its Research Foundation Innovative Research Award.

The award will provide Farris with \$400,000 in funding over a two-year period to continue promising research in understanding the origins of the autoimmune disease Sjogren's syndrome.

Sjogren's syndrome is a painful autoimmune disease in which a person's immune system attacks the body's own moisture-producing glands, inhibiting the ability to produce tears or saliva. The most common symptoms include severe dry eyes and dry mouth, as well as arthritis, fatigue and others.

The disease is believed to affect as many as 3 million people in the United States and, like many autoimmune diseases, disproportionately affects women by a 9-to-1 ratio. There is no known cure and current treatments only address symptoms, not the root cause.

In her lab at OMRF, Farris is trying to identify the proteins in patients that are causing the abnormal autoimmune response in the glands

that produce tears and saliva.

"We know that Sjogren's selectively attacks these glands, but nobody understands why those glands are targeted," said Farris. "We believe there are unidentified salivary gland antigens, which are proteins that are the target of an immune response."

Farris is currently pursuing two related paths of Sjogren's research.

First, her lab is attempting to identify the proteins that incite the disease. Using special tools, scientists have isolated specific receptors from immune cells called T cells from the salivary tissue of Sjogren's patients. They have isolated the immune cell receptors that directly touch the unknown proteins, and they hope to use them to explain why salivary tissues are targeted in the disease.

If this work is successful, it could provide the knowledge needed to better identify individuals who either have Sjogren's syndrome or are susceptible to the disease.

The second aim is to follow up on the discovery of a relationship between the degree of activation of those T cells and reduced saliva production.

See OMRF page 9

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

OMRF

Continued from Page 8

Farris said. "We think this might lead to an understanding of why saliva production is defective in these patients," said Farris.

The award was a result of research published with colleagues at OMRF in the journal JCI Insight. Farris earned her Ph.D. in immunology at the University of Oklahoma Health Sciences Center and has spent 18 years at OMRF researching Sjogren's and other autoimmune diseases.

"This award is very exciting for us because it's going to permit us

to follow up on what we believe to be a fruitful line of investigation," said Farris. "It will allow us a bigger budget to collect needed data in order to answer these pressing questions and work toward solutions for patients suffering from this painful disease."

The Rheumatology Research Foundation was created by the American College of Rheumatology and is based in Atlanta, Ga.

"Dr. Farris' research uses cutting-edge molecular tools to probe the causes of Sjogren's disease that could lead to innovative therapies," said OMRF Vice President of Research Rodger McEver, M.D.

Grant Program Helps Increase Quality of Care for Nursing Homes Across the State

The care and quality of life for nursing home residents in Oklahoma are improving thanks to projects funded through the Oklahoma State Department of Health's (OSDH) Civil Monetary Penalty (CMP) Fund.

The CMP Fund is made up of fines collected from nursing homes. These funds are redistributed by the Centers for Medicare and Medicaid and a portion of the monies returned to the state to improve nursing home care.

Improvements resulting from the project include a decline in residents with one or more falls with major injury (5.4 percent in September 2015 to 5.2 percent in September 2016) and a decrease in the rate of nursing home residents who showed signs of depression, down to 5.7 percent from 6.5 percent in a 12-month period.

The goals of the CMP Fund Program are to:

*Protect the health and property of nursing home residents.

*Promote evidence based practices that improve the quality of care and quality of life.

*Empower staff through culture change.

Michelle Billings is the Assistant Campus Director of the Lackey Health Center at Baptist Village in Oklahoma City.

"We were involved with a CMP-funded project for improving the quality measures through the Quality Assurance/Performance Improvement (QAPI) process," said Billings. "This program has fine-tuned our QAPI program while providing us the tools and resources to intentionally and methodically discover and improve our quality measures. In fact, our Quality Measure Star Rating increased from four stars to five stars."

One of the more popular programs that received funding from the CMP Fund is the Music for the Ages program. This program helps nursing homes create a certified Music and Memory Program as a non-pharmacological intervention for pain and dementia. Across the state, 50 nursing homes have been recruited for this program with 20 residents in each home getting their own iPods. Nursing home staff is also trained to assist the residents and develop playlists and recruit student volunteers to help the residents with the program.

The next round of project applications is currently being evaluated by the OSDH. Approximately \$2.2 million has been allocated for programs in FY2017. Projects are funded for up to three years with various phases of development and evaluation. The projects selected for funding for FY2017 will be announced in early March.

As of September 2016, seven projects were being funded by the CMP Fund.

Visit <http://cmp.health.ok.gov> for the full report and more information about the CMP Fund.

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. I told a co-worker that I think I am getting dementia because I can't remember things, simple things like how to do everyday charting on the computer. Sometimes it seems difficult to process my thoughts. I would rate my stress level most days a 10 with 10 being so much stress I want to flee. I do not feel this way when I am away from my job.

What can I do?

---- Jenny

A. Jenny here is some information that you might find very helpful:

LONG-TERM EFFECTS OF STRESS

Your body's stress response is perfect in the short-term, but damaging if it goes on for days, weeks or longer. Raised levels of cortisol for prolonged periods can compromise your immune system and decrease the number of brain cells so impairing your memory. It can also affect your blood pressure and the fats in your blood making it more likely you will have a heart attack or stroke.

CORTISOL LEVELS IN PEOPLE UNDER PROLONGED STRESS

So, does stress kill brain cells?

The answer seems to be yes. Stress causes the release of cortisol. This hormone has been shown to damage and kill cells in the hippocampus (the brain area responsible for your episodic memory) and there is robust evidence that chronic stress causes premature brain aging.

Without cortisol you would die -- but too much of it is not a good thing.

STRESS AND DEPRESSION

It's quite clear that chronic stress is related to depression due to an excess release of cortisol into the blood.

So with all this cortisol surging through the bodies of stressed out people and the truly damaging results; we need to make some changes.

SOME THINGS ARE TOO HOT TO TOUCH

THE HUMAN MIND CAN ONLY STAND SO MUCH

YOU CAN'T WIN WITH A LOSING HAND

These lyrics to Bob Dylan's song, Things Have Changed give you something to think about. Is your job "potentially dangerous," and "your mind can only stay healthy for so long," and if you "are in a job that does not work for you".....YOU CAN'T WIN.

Oklahoma Earns March of Dimes Apgar Award for Prematurity Campaign

Oklahoma lowered its preterm birth rate by at least 8 percent since 2010, giving more babies a healthy start in life and earning it the March of Dimes Virginia Apgar Prematurity Campaign Leadership Award. The state's preterm birth rate dropped to 10.3 percent in 2015, down from 11.2 percent in 2010.

Preterm birth is the number one killer of babies. Babies who survive an early birth often have lifelong health problems such as cerebral palsy, vision and hearing loss, and intellectual disabilities. Preterm birth is a serious health problem that costs the United States more than \$26 billion annually, according to the Institute of Medicine.

The Virginia Apgar Award is given to recognize states that accepted and met a challenge from the March of Dimes and the Association of State and Territorial Health Officials (ASTHO) to lower their preterm birth rates at least 8 percent between 2010 and 2015. The award is named in honor of Virginia Apgar, MD, who developed the five-point APGAR score to evaluate an infant's health at birth, and who served as vice president for medical affairs of the March of Dimes.

"This award is a reflection of the effort and dedication of health care providers of maternal and newborn care, along with public health and health care organizations throughout our state," said Dr. Terry Cline, Oklahoma State Department of Health Commissioner and Health and Human Services Cabinet Secretary.

"We congratulate Oklahoma on the work they have done to give babies a fighting chance," said Dr. Mary Anne McCaffree, Neonatologist, The Children's Hospital at OU Medical Center and Chair of the March of Dimes Maternal Child Health Committee and Oklahoma Health Improvement Plan Child Health Group. "We know we still have work to do, but Oklahoma's progress is encouraging and because of efforts such as this, one day every baby may get a healthy start in life."

"This progress shows that when infant health becomes a leadership priority, significant progress is possible and families and babies benefit," said Dr. Paul E. Jarris, March of Dimes Senior Vice President, Maternal and Child Health Programs and Deputy Medical Officer.

The March of Dimes says progress in preterm birth rates came through bold leadership and the implementation of programs and policies by state and local health departments, hospitals and health care providers, as well as a more accurate method of measuring pregnancy length recently adopted by the National Center for Health Statistics.

Successful efforts by the March of Dimes and Preparing for a Lifetime initiatives to eliminate early elective (non-medically indicated) deliveries through Oklahoma's Every Week Counts collaborative was able to achieve a 96 percent decrease in early elective deliveries. Additionally, Oklahoma has created tools to make progesterone, a medication that can decrease the rate of preterm birth in some high-risk women easier to prescribe and access for these high-risk women. Other interventions including reducing tobacco use among pregnant women; and encouraging women to not get pregnant again until at least 18 months after giving birth (birth spacing). These initiatives are currently in place to decrease Oklahoma's overall infant mortality and preterm birth rates-- ultimately improving the health of moms and babies in our state.

March of Dimes is the leading nonprofit organization for pregnancy and baby health. For the latest resources and health information, visit our websites marchofdimes.org and nacersano.org. If you have been affected by prematurity or birth defects, visit our shareyourstory.org community to find comfort and support. For detailed national, state and local perinatal statistics, visit persistats.org. You can also find us on Facebook or follow us on Twitter.



NURSE + TALK

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

What would you do differently in your nursing career? Integris Southwest Medical Center

I wouldn't do a single thing differently.



Wanda Meler-Poteet, RN

I would have gotten my RN quicker instead of waiting 26 years.



Terri Thomas, RN

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

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

I probably would have gone straight into an NP program after my BSN.



Jimmie Weaver, RN

Probably have gotten my BSN at the same time and studied harder.



Laura Ready, RN

Oklahoma Insurance Department to Host Town Hall Meetings on Health Care Reform

The Oklahoma Insurance Department will host a series of town hall meetings across the state to discuss health care reform. Citizens are encouraged to attend and offer their suggestions.

"With the imminent repeal of Obamacare we have a golden opportunity to fix this broken system," said Oklahoma Insurance Commissioner John D. Doak. "We want to hear from Oklahomans to learn what changes they'd like to see when it comes to health care. Our goal is to have an open forum to discuss innovative ideas and solutions going forward. We will take those reform recommendations to federal lawmakers so our voice is heard when the replacement plan is put together."

Those who cannot attend in person may submit their feedback online at www.oid.ok.gov.

January 30 - Durant, Southeastern Oklahoma State University, Hallie McKinney Building Ballroom, 416 University Blvd. from 12:00 to 2:00 p.m.

January 31 - Tulsa, Tulsa Central Library, 400 Civic Center from 12:00 to 2:00 p.m.

February 6 - Norman, Norman Public Library, 225 N. Webster Ave. from 11:30 to 2:30 p.m.

February 6 - Oklahoma City, Francis Tuttle Technology Center, Portland Campus, 3500 NW 150th St. from 5:30 to 8:30 p.m.

February 7 - Bartlesville, Bartlesville Public Library, 600 S. Johnstone Ave. from 2:00 to 4:00 p.m.

The Oklahoma Insurance Department, an agency of the State of Oklahoma, is responsible for the education and protection of the insurance-buying public and for oversight of the insurance industry in the state.

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