

Kayla Rice, RN went from teaching to emergency room nursing.

by James Coburn Staff Writer

Five years ago, Kayla Rice was in the classroom teaching children with severe and profound disabilities.

Oklahoma City, Ok 731

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Every day she worked

with upper elementary and middle school children who battled not only developmental disabilities but chronic medical challenges as well. But she always had help.

It was nurses that helped

MUSTANG, OK 73064

OKLAHOMA'S NURSING TIMES

P.O. BOX 239

Rice navigate the various medicine schedules and tube feedings that often interrupted the school day. It was nurses who were able to reassure these children that they were going to be taken care of.

"At times I felt very, I guess, just lost," Rice said. "I felt underprepared for their medical conditions and that propelled me to want to further my career and kind of go into the medical field." She thought a

mid-level practitioner

See RICE Page 3

Courtney Breckenridge, RN, BSN receives the Oklahoma Spirit of Improving Patient Safety Award for 2016.

Forty-two hospital team members statewide received an Oklahoma Hospital Association (OHA) Spirit of Improving Patient Safety Award during the 2016 OHA Annual Convention Nov. 3. The 42 front-line, behind-the-scenes and administrative employees received the award because, through their insightful knowledge, innovative thinking and determination, they have helped their departments and/or overall organization achieve major improvement in ensuring a culture of safety for their patients.

Award recipients were chosen by their hospitals for exemplifying the Spirit of Improving Patient Safety by: taking leadership in tackling known areas of patient safety concerns; assembling other individuals and/or a team to elicit their experience and knowledge to identify specific functions and/or areas of operations reflecting patient safety problems; carefully evaluating current operating practices to discern where major improvement in reducing hospital-acquired conditions

See AWARD Page 2

November 28, 2016

implementing proposed changes in

special hospital employees who have dedicated time, talent or expertise

to improve their organizations and their communities," said Craig W.

Jones, president, Oklahoma Hospital

Association. "These are the type of team members who, when they see

problems, consistently work to solve

"We are pleased to honor these

operational practices.

AWARD Continued from Page 1

could be realized; undertaking the challenge of identifying alternative methods and resources to implement improved practices of care among all pertinent caregivers; or monitoring, documenting and presenting to management the results achieved and sustained in patient outcomes and/or reduced patient harm by

AllianceHealth Durant, Natalie Worsham, Director, ICU/PCU

AllianceHealth Madill, Melany Williams, Laboratory Manager

AllianceHealth Midwest, Midwest City, Deidrea Reisman, Director of Surgical Services

them."

AllianceHealth Ponca City, Carla L. Hobbs, MT (ASCP) CHC, Chief Quality Officer

Comanche County Memorial Hospital, Lawton, Debbie Cofer, Director of Quality

Creek Nation Community Hospital, Okemah, Tiana Woodward, Quality Management Coordinator

Duncan Regional Hospital, Cheryl Morrison, Infection Preventionist

Griffin Memorial Hospital, Norman, Lori Jordan, Executive Director

Hillcrest Hospital Claremore, Christine Davis, Safety Officer

Hillcrest Hospital South, Tulsa, Kelly Trotter, Quality Director

Holdenville General Hospital, **Dana Cook**, Quality and Risk Manager INTEGRIS Baptist Medical Center, Oklahoma City, **Kerri E. Bayer**, Administrative Director of Patient Care Services

INTEGRIS Bass Baptist Health Center, Enid, Penny Hutchinson, Director of Quality and Risk Management

INTEGRIS Canadian Valley Hospital, Yukon, Keli Myers Belding, Infection Prevention, Risk Management, Joint Commission & Patient Safety Officer

INTEGRIS Grove Hospital, **Tyson Trimble**, DO, Board Certified Orthopedic Surgeon

INTEGRIS Health Edmond, **Patricia Newberry**, RN, Director of Quality

INTEGRIS Miami Hospital, Anthony Morgan, Clinical Director

INTEGRIS Southwest Medical Center, Oklahoma City, Harry Wetz, Patient Safety Officer & Metro Director

Jane Phillips Medical Center, Bartlesville, Anna DeBough, Quality Improvement Specialist

Jane Phillips Nowata Health Center, Kathy Fitzwater, Manager of Non-Clinical Services

Lawton Indian Hospital, LT Teri Bartosovsky, RN, Nurse Educator

McAlester Regional Health Center, Chelsea Bishop, RN, BSN, Quality Manager

McBride Orthopedic Hospital, Oklahoma City, Courtney Breckenridge, RN, BSN, Resource Nurse

Mercy Hospital Ada, Cassandra Chambless, Charge RN II

Mercy Hospital Ardmore, Kimberly Walterscheid, Director, Quality Management

Mercy Hospital Oklahoma City, Janiece Redwine, RN, MSN, Manager, Infection Prevention

Mercy Hospital Tishomingo, LaDonna Culp, RN, MSN, Director of Nursing

Northeastern Health System, Tahlequah, Ray Potts, DPh, Director of Pharmacy

Okeene Municipal Hospital, Tammie Jantzen, RN, Chief Operating Officer

Oklahoma Surgical Hospital, Tulsa, Danna Morava-Nail, RN, BSN, Inpatient Med/Surg Manager

St. Anthony Hospital, Oklahoma City, John Manford Hurst, PharmD, BCPS, Clinical Pharmacy Specialist of Infectious Diseases



LaDaonna Culp, RN, MSN.



LT Teri Bartosovsky, RN.





Janiece Redwine, RN, MSN.

Dala Stamps, RN III.

St. Anthony Shawnee Hospital, Gary Revas, Director of Respiratory Therapy

St. John Broken Arrow, Jeff Barnett, Security Officer

St. John Owasso, Laura Frazier, RN, Nurse Manager

St. John Sapulpa, Dala Stamps, RN III

St. Mary's Regional Medical Center, Enid, Jessica Easterwood, Director of Pharmacy

Stillwater Medical Center, Necia Kimber, RN, Infection Control Coordinator

The Children's Center Rehabilitation Hospital, Bethany, **Denton Chancey**, PharmD, Director of Pharmacy

The Physicians' Hospital in Anadarko, Jenny Morton, Social Work/ UR/EM, Risk and Safety Manager

Tulsa Spine & Specialty Hospital, Adele Chick, Case Manager

Wagoner Community Hospital, Judy Dodson, Quality Director

Weatherford Regional Hospital, Kathy Riggs, Director, Laboratory Services

RICE Continued from Page 1

role would be ideal but life sidetracked her.

Someone said she should do nursing first.

"It did appeal to me because I was already in a serving-type capacity as a teacher," Rice said. "I thought this would be a great bridge to my ultimate goal."

She applied to the accelerated program at the University of Oklahoma and was accepted.

Now, four years after graduating she's a registered nurse at the St. Anthony Healthplex South.

It was meant to be. IN THE TRENCHES

IN THE TRENCHES

No one could ever say Rice had it easy in the classroom. Learning often took a backseat to simply making it through the day for many of her students.

Rice's Claremore classroom was rife with challenges.

"It was very stressful," Rice said. "I actually taught kids from nine different counties in Oklahoma and basically the most severe kids were brought to my classroom. It was very stressful and very challenging."

So the next logical step would be

emergency room nursing?

"Yes," Rice said emphatically. "I love the special needs population but what I've found is basically my gifts and talents, I've been able to use those in a more widespread capacity. I love special needs kids. I love the older adults. I've basically just found through nursing that I've found new talents and abilities that I didn't realize I had."

Rice has been nursing for four years and she's hot on the trail of her advanced practice career.

The ultimate goal is to be a nurse practitioner.

"I could see myself doing minor emergency or urgent care but my eyes have been opened to a whole new world," she said. "I also love the elderly population and I see a huge need. The patient care for the elderly population is really lacking and so I feel like it really needs compassion."

She still battles challenges every day, but it's different – and hopeful.

"I love the fact it's fast-paced, something new all the time," said Rice, who prior to her role in the ER spent time working in a pediatric ICU. "You never have a chance to get bored. You also have the ability to learn a lot of skills which I've really enjoyed learning." "In the emergency room you see a very huge spectrum of illnesses and disease processes."

I'VE NÊVER BEEN TREATED LIKE THIS

The mission at St. Anthony is simple - "Through our exceptional health care services, we reveal the healing presence of God."

"I like their mission," she says of working for St. Anthony. "My values align with their mission. That's what impressed me originally."

"I love the fact they have done something in Oklahoma City that no one else has which was very innovative. I think that's cutting edge and I like to be on the cutting edge of healthcare."

St. Anthony's unique standalone ER's have become a model in the metro for attracting new patients.

But Rice could sense something else going on above and beyond fancy emergency rooms.

"I get a lot of personal satisfaction," she said. "I have a lot of patients comment to me that they appreciate the compassion they've been shown. I get a lot of comments that they can't believe an emergency room feels this way."

"Our Healthplex and the care we give is so different than the various

emergency rooms around the city that on a very regular basis I have conversations where patients bring that up.

"It makes me feel great I'm able to help somebody in their time of need," Rice said. "Oftentimes in emergency rooms (patients) are run in like cattle. I feel we take the extra time to listen to our patients and give them excellent care."

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CAREERS IN NURSING HELPING HANDS: GOOD SHEPHERD HOSPICE COMFORTS FAMILIES

A love for hospice patients and their families is why Shara Batton, RN, is an nurse at Good Shepherd Hospice in Oklahoma City.

"The families are as much of my family as my patients are. In its own way it's rewarding to know that you played a part in helping the patient be at peace."

She helps dying patients during a very vulnerable time in life to transition through the final cycle of life.

"It is hard. It's very hard to lose a loved one," Batton said.

Batton is a 2010 graduate of Platt College in Oklahoma City and was an LPN for 10 years prior to becoming a registered nurse. Platt made it convenient for her to work full time and go to school full time, she said.

At first she entered the arena of medical surgical nursing and critical care in a long-term acute care hospital in Oklahoma City. She also worked at the ICU in Veteran's Hospital for a couple of years. She realized hospice was her calling and came to Good Sheperd in February of this year.

She admires the families' strength, spirit and resilience. The patients, themselves are so strong, she said.

"Therefore their families are because they see how strong their loved one is," Batton continued. "And it's hard when that strength starts to pass on. And you see it kind of transfer from the patient to their family. It helps them. Everybody grieves in their own way. But the strength from the patients, you definitely see the family pick up more."

When people are grieving it's best to let them be themselves. You let them grieve in their own individual way without telling them it's time to move on, she said. Nobody really knows what a person meant to someone's life.

"You can let them know you

are there whether they appear to be thankful for that or not," Batton said. "In the end they know and they have that shoulder."

She gets to know patients during different times of their journey in life. For some, the have a prognosis to live another six months or so. For others the time is quickly approaching. And there are many fears about the meaning of hospice care when families know or do not understand the meaning of hospice.

"They approach us as a caregiver. There are patients that don't want to hear 'hospice'. There are family members that don't want you to say the word hospice. I always say, I'm Shara with Good Shepherd because you don't know how they'll react. And you just treat them like anybody else whether they know they're on hospice or not. You're always going to treat them the same."

In order to be on hospice a patient must have a terminal diagnosis. On

OAHCR

paper the patient has six months or less to live. But Batton tells her families that does not mean there is six months or less of life remaining. People who have entered hospice care have at times survived for one or two years. They get better for a while and return.

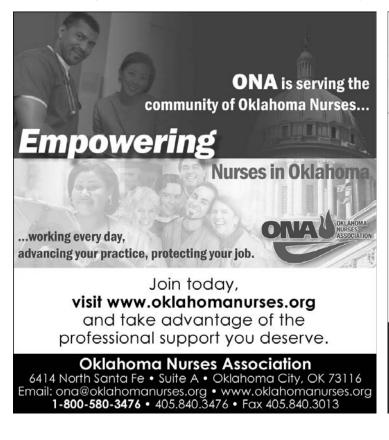
"We're always here when they need us again," Batton said.

Throughout their palliative care, hospice patients find a kind and loving staff at Good Shepherd. Nursing presents a diversity of fields and personalities to meet.

"For me I always wanted to find that place that felt like home," Batton said. "And this is home. Some of the nurses have been here for a while. I still consider myself new, and it's home."

Each hospice patient has their own social worker, chaplain, nursing staff individuals and volunteers. They are cared for by multiple people

Continued on next page



OAHCR is a statewide organization of

professionals who have joined together to:

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1) promote and exchange sound and ethical principles and values of recruitment

2) network/share pertinent information on recruitment and retention of healthcare professionals.



OAHCR meets bimonthly. For more info, please contact Shawna Feezor, Healthcare Recruiter at 918-599-5228 | shawnafeez@aol.com





Shara Barton has found a home away from home as a Good Shepherd Hospice nurse.

from the time an application is first made. Every aspect of holistic care is offered.

"Everyone is there for everyone," she said.

Holidays can be difficult for hospice families and the survivors of departed loved ones. Good Shepherd recently offered its Remembrance Celebration. Families that have lost a loved one can come to these events.

"There was a pastor who spoke and he sculpted while he was speaking," Batton continued. "He sculpted a heart and both sides had the crack in it from being broken. One side had a couple of patches representing other loss. And then the other side had a Band-Aid. It kind of represented hospice."

Even after a family member loses someone, they are offered bereavement care by Good Shepherd. The hospice continues to reach out to the families in a loving way.







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Page 5

Page 6

November 28, 2016

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CTCA Hospitals Receive Press Ganey Guardian of Excellence Awards



Cancer Treatment Centers of America® (CTCA) is pleased to announce that its hospitals located in Chicago, Ill., Atlanta, Ga., Phoenix, Az. and Tulsa, Okla. have been named 2016 Guardian of Excellence Award® winners by Press Ganey. The Guardian of Excellence Award recognizes top-performing health care organizations that have consistently achieved the 95th percentile or above of performance in Patient Experience.

CTCA® hospitals in Atlanta (Southeastern) and Chicago (Midwestern) received the award for inpatient services, while its hospitals in Phoenix (Western) and Tulsa (Southwestern) were recognized for excellence in outpatient care. The Atlanta and Tulsa hospitals also received the Guardian of Excellence award in 2015. The Press Ganey Guardian of Excellence Award is a nationally-recognized symbol of achievement in health care. Presented annually, the award honors clients who consistently sustained performance in the top 5% of all Press Ganey clients for each reporting period during the course of one year.

"True to our mission, vision, values and commitment to the Mother Standard® of care, the Guardian of Excellence Award symbolizes the unyielding service excellence that our employees provide to our patients and caregivers every day," said CTCA in Tulsa (Southwestern) President and CEO Jay Foley. "I am very proud of our team in Tulsa, as well as from across the CTCA organization for their dedication to those they serve."

According to Foley, the award represents an important recognition from the industry's leader in measuring, understanding and improving patient experience.

"We are proud to partner with CTCA," said Patrick T. Ryan, CEO of Press Ganey. "This award is a testament to the organization's leadership in delivering patientcentered care. By achieving and sustaining this level of excellence, CTCA continues to demonstrate their commitment to reducing patient suffering and advancing the overall quality of health care."

Press Ganey is a leading provider of patient experience measurement, performance analytics and strategic advisory solutions for health care organizations across the continuum of care. With over 30 years of experience, Press Ganey is recognized as a pioneer and thought leader in patient experience measurement and performance improvement solutions. Our mission is to help health care organizations reduce patient suffering and improve clinical quality, safety and the patient experience.

GRANT PROVIDES RESOURCES FOR FAMILIES AT RISK OF DELIVERING PRE-TERM INFANTS



Laurie Applekamp (far left), executive director for March of Dimes Central Oklahoma Market, presented a check for \$26,000 to OU Physicians Prenatal Diagnostic Center to fund a resource center for families experiencing high-risk pregnancy and/or pre-term birth. Accepting the check were (from left): Rodney Edwards, M.D., chief of the section of Maternal-Fetal Medicine at the University of Oklahoma College of Medicine and Marilyn Escobedo, M.D., chief of the section of Neonatal and Perinatal Medicine at the OU College of Medicine. Also on hand were: Laura Foy and her daughter, Zoey, a past March of Dimes Ambassador Child, and Lisa Liston with the March of Dimes Central Oklahoma Market.

Expectant mothers who experience complications during pregnancy will have access education and resources providing comfort and support thanks to a March of Dimes grant to OU Physicians Prenatal Diagnostic Center.

The \$26,000 grant will fund the March of Dimes Family Resource Center to address the educational and emotional needs of families during their high-risk pregnancy and/or after their pre-term birth. The grant will fund the Center for 12 months. It will cover the costs of computer equipment and educational materials, as well as the costs involved with maintaining and updating educational and support materials.

The check was presented at The Children's Hospital at OU Medical Center on Nov. 17, World Prematurity Day. Rodney Edwards, M.D., chief of the section of Maternal-Fetal Medicine, department of Obstetrics & Gynecology, University of Oklahoma College of Medicine, accepted the check.

See GRANT 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 Meredian, Oklahoma City, OK 73107 405-949-1200

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

Heartland Hospice: Shawnee: Vol. Coor. Karen Cleveland, 405-214-6442; OKC: Vol. Coor. 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; Kingfihser 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

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

GRANT Continued from Page 8

"Preterm birth is а major contributor to newborn complications, which have some of lifelong consequences as well as increasing the possibility that the baby may not survive," Edwards said. "Of course, one of our major efforts is to prevent preterm birth to mitigate those risks. Pregnant women with threatened preterm birth often have to stay in the hospital to try to prolong the pregnancy. Of course, if, despite the efforts to avoid prematurity, the baby is born preterm, he or she may have an extended hospital stay. This grant from the March of Dimes will help to provide additional services for these families in addition to expert medical care." Laurie Applekamp, executive director for March of Dimes Central Oklahoma Market, added, "We are so thrilled to be able to open a resource center where families have access to the OU Physicians Prenatal Diagnostic Center and the state's largest and most comprehensive Neonatal Intensive Care Unit. March of Dimes has so much important and useful information to provide families who experience preterm birth. We feel this partnership will be a tremendous vehicle allowing us to get the information into the hands of those who need it most."

OU Medicine combines the research, education and health care expertise of OU Medical Center, The Children's Hospital, OU Physicians and the University of Oklahoma College of Medicine to establish Oklahoma's largest and most comprehensive health care system. With more than 660 doctors, OU Physicians is the state's largest physician group, encompasses almost every adult and child specialty. OU Physicians serve as faculty at the University of Oklahoma College of Medicine and train the region's future physicians. The March of Dimes is the leading nonprofit organization for pregnancy and baby health. For more than 75 years, moms and babies have benefited from March of Dimes research, education, vaccines, and breakthroughs.

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Larry enjoys his friends and family, OU Sports, fishing, hunting and attending church. He is a busy man and is the first to admit that life is good and every day is a gift. Diagnosed with end stage liver disease, then liver cancer, Larry needed a healthy donor liver to survive. After more than five years on the transplant waiting list, Larry is so grateful for his gift that he asked to meet his donor family. Now, when the daughter of his donor renews her vows this year, Larry will walk her down the aisle.

Organ, eye and tissue donation saves lives. Please make your decision to donate life and tell your family. Register to be an organ, eye and tissue donor on your Oklahoma driver's license or state ID card or register online at www.LifeShareRegistry.org. You may also call 800-826-LIFE (5433) and request a donor registration card.



Page 10



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 a friend who is 30 and planning to get married for the third time. She has two children by different fathers and she has only known this man a few months. I tried to talk to her about waiting to get to know him better before marrying again. Now she is mad at me. Any suggestions? -- Molly

A. A great gift that we can give ourselves is taking time to get to know who we are and how life events may have created unresolved issues. The people we choose to marry will fill a need often based on childhood beliefs that have never been challenged to see if they still fit.

As long as we go from one relationship to another we don't slow down long enough to think about why we would be in our third marriage at the age of 30 or fifth marriage at the age of 45. Relationships have an addictive quality and one that is difficult, but not impossible to recover from.

Codependency is a deeply-rooted, compulsive behavior. It is born out of our sometimes moderately, sometimes extremely dysfunctional family systems. We attempted to use others as our sole source of identity, value, well being, and as a way of trying to restore our emotional losses.

Its as if we grab a person, quickly call it a relationship, fall in love and life will be better. Its really difficult for life to be better when we are still the same person. Nothing has changed except the name of the new person. Your personal issues are the same and trust that the honeymoon will be over at some point and you are still with you.

The issue of hitting bottom is a reality for all addictive processes. At what point does marriage number 2, 3 or 5 get your attention. When does it feel like you are powerless over the need to have a relationship at any cost. Sometimes that cost is what you are doing to your children.

You are powerless over your friends behavior. She is the only one who can slow this train down and it may have to wreck to get her attention.

INTEGRIS Family Care Clinic Open in Downtown OKC

Unique Facility with Urban Amenities



With the revitalization of downtown Oklahoma City more and more people are moving that direction. The area is no longer just a place to go for work or play, it is fast becoming a popular place to live. As more residential properties are built, INTEGRIS saw a real need in that community for a family practice

facility. The clinic is unique with a more modern, urban feel. It is specifically designed to cater to working professionals with early morning and lunchtime appointment slots available.

On top of free Wi-Fi and coffee, there is a plug-in bar for laptops, iPads or other devices. Some of the exam rooms have recliners instead of the traditional exam table and a lab is housed inside the clinic for faster, more convenient service.

"Being able to provide health care for those individuals re-invigorating our downtown community was a must for us at INTEGRIS. We are proud to have Dr. Nguyen opening this clinic and hope to provide a convenient medical home for patients," says Jeffrey Cruzan, M.D., the managing director and chief physician executive for INTEGRIS



Medical Group. "We look forward to providing the excellent care you'd expect from any INTEGRIS physician in our newest clinic."

Hieu C. Nguyen, M.D., is the primary physician at the downtown clinic. He is board certified in family medicine. He graduated from the University of Oklahoma College of Medicine, and completed his residency at St. Joseph Hospital family medicine residency program in Chicago, Ill.

"I hope to facilitate a trusting environment for my patients – a place where health can be discussed without fear of judgment," says Nguyen. "I'm here to motivate change from a place of sincerity and help hold patients accountable. Developing life-long, healthy relationships with my patients is a hope of mine."

For more information on the INTEGRIS Family Care Downtown clinic or to schedule an appointment, call 405-606-2260.

Oklahoma's Nursing Times



- TALK NURSE

Read what other health care professionals have to say..

What are you looking forward to the rest of the year? Alliance Health Midwest - Medical Surgical Each week we visit with health care

professionals throughout the Metro

Christmas movies and music. My husband won't let me watch until after Thanksgiving.

Family. We just got back from Germanv after three years.



Teri Hudson, RN

Email: or mail to P.O. Box 239

wedding.

news@okcnursingtimes.com Oklahoma's Nursing Times Mustang, Ok. 73064



Not having to plan a

Tyler Martin, RN

New Years. I'll be with family but excited to have a new start.



Mylke Rogers, RN

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- Adult Gerontology Acute Care Nurse Practitioner

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OCU pledges to recruit, select and promote diversity by providing equality of opp

"My son said to me, 'I'm scared.'" A single father. A gravely ill child. When he was at the end of his rope, **United Way** support lent a hand that's changed two lives

for good. And it's all possible because people like you stand up and give.



We stand behind lives in crisis and behind the *promise* that across Central Oklahoma, desperate need will be met. StandUnitedOKC.com