

# Oklahoma's NURSING TIMES

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Information for the Oklahoma Nursing & Health Care Professional

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## Nurse helps train Oklahoma docs



photo by Mike Lee

Pam Spanbauer, RN, serves on the Physician Manpower & Training Commission.

by Mike Lee  
Staff Writer

Pam Spanbauer, RN, BSN, MEd, may be retired from her nursing practice but her impact on healthcare in Oklahoma will be felt for generations to come.

As the governor's appointee to the Physician Manpower & Training Commission, Spanbauer is the only nurse on the board that helps ensure healthcare for thousands of rural Oklahomans.

Now the board chair, Spanbauer helps make sure that small communities in Oklahoma get the competent and professional physicians they so desperately need.

Spanbauer also currently serves as the vice president of the Oklahoma Nurses Association.

The commission is a task-force established in the 1970s.

"They have funding to help fund physicians in training to go out into the rural areas

in Oklahoma," Spanbauer said. "In Oklahoma we have so much rural area. In these farming communities the last thing they can do is take a day and drive to the city to get healthcare and drive back.

"It's really important especially with the fact we don't have many hospitals in the rural area."

Spanbauer was raised in a small town in North Carolina. She had a single doctor growing up who took care of her entire family.

"If we had to have gone to the city we probably wouldn't have gotten healthcare," said Spanbauer, whose family lived 50 miles from the nearest hospital. "I've always had that small-town respect."

She says the

## Prevent Clinic helping Brookhaven residents stay healthy



John Murgai and Lee Rose have helped Brookhaven Administrator Mollie Woolldridge (left) and Director of Nursing Dustin Schuler, RN, (third from left) keep residents healthier.

by Mike Lee, Staff Writer

Like any good administrator, Brookhaven Extensive Care's Mollie Woolldridge is constantly looking for better ways to help her residents.

So when she heard about the Prevent Clinic and what it could do she was sold.

"We always want to give the best care for our residents so anything that's new and can make their lives better or easier we want to try," Woolldridge said. "What they pitched to us was what we needed because readmissions are an issue and these can prevent some. It can at least let us know when someone is declining."

Enter John Murgai and Lee Rose with Prevent Clinic - an on-site health monitoring and management firm that specializes in identifying patients who are at-risk for hospital readmission.

Once those patients are identified, Prevent Clinic focuses

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## TRAIN

Continued from Page 1

reality is that most doctors are going into specialty practices. Those who head to family medicine will stick closer to more populated areas.

The commission will cover a significant portion of a doctor's tuition for a commitment to be the physician in a rural area.

"Many of the physicians actually wind up staying in that area after their commitment is done," Spanbauer said. "If it weren't for that a lot of doctors wouldn't even know there are these opportunities and how great healthcare can be in a small community."

Spanbauer and the commission review each applicant and decide the best place to match each doctor. Communities routinely send in requests for physicians to cover their population.

The mission of the Physician Manpower Training Commission is to enhance medical care in rural and underserved areas of the state by administering residency, internship and scholarship incentive programs that encourage medical and nursing personnel to practice in rural and underserved areas. Further, PMTC is

to upgrade the availability of health care services by increasing the number of practicing physicians, nurses and physician assistants in rural and underserved areas of Oklahoma.

Subsequently the Oklahoma Legislature has added the responsibility of a Physician Placement Program, Nursing Student Assistance Program, the FP Resident Rural Program, the Physician Community Match Program and the Physician Assistant Scholarship Program. Spanbauer says the commission is guided in all the programs by a sense of stewardship which requires that maximum effort, both individual and organizational, be utilized to increase the number of practicing physicians, nurses and physician assistants in Oklahoma and, particularly, in rural and underserved areas of the state.

"I've always had a strong desire to give back in some way which is why I love being retired," Spanbauer said. "I loved what I did when I was working but now it's like I can give back. When I was working I didn't have as much time."

During her career, Spanbauer served as an EMT and drove an ambulance for Children's Hospital. She also helped start the MediFlight

program and later spent nearly her entire nursing career at Mercy.

"I had an opportunity at that time to see how spread out everything in Oklahoma is," she said. "We would drive to pick up a baby and see how some of those hospitals barely had enough to get by. They didn't have all the equipment we had in the city to take care of these premature babies."

"I've always been very passionate about wanting everybody to be able to have access to care. It's a fact that people don't."

Spanbauer says the commission is charged with five high-priority goals:

1. Work to improve the balance of physician manpower distribution in the State of Oklahoma, both by type of practice and by geographic location;
2. Aid accredited physician training facilities in the establishment of additional primary medical care and family practice internship and residency training programs by sharing in the cost of these programs;
3. Assist Oklahoma communities in selecting and financing qualified medical and osteopathic interns/residents to participate in the Physician Community Match Program;
4. Assist Oklahoma communities, in any manner possible, in contacting

medical and osteopathic students, interns and residents, or other physicians (inside and outside Oklahoma) who might wish to practice in Oklahoma;

5. Work with Oklahoma communities and the leadership of Oklahoma's nurse training institutions to provide nurses for underserved areas of the state.

"It gets back to what medicine is all about and that's the relationship the doctor has with the patient and the community," Spanbauer said.

And that's how Spanbauer makes a difference for future generations to come.

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# CAREERS IN NURSING

## 3 R'S FOR RN: RESPONSIVE, RELIABLE AND RESPONSIBLE

by Vickie Jenkins - Writer/Photographer

It is easy to see why Trisha Brown loves her job. She is the manager of the Birth, Labor and Delivery Center and NICU at Deaconess Hospital. She has been a nurse for 20 years but here at Deaconess for 3 years.

Brown became a nurse with the help of her mother's influence. "My mother was a nurse and when I was a teenager, I spend my summers going to work with her, volunteering at the hospital. I fell in love with it and it was contagious. She was a geriatric nurse and I went to the other end of the spectrum, working with babies. I worked in McAlester, OK, Texas, Edmond Renaissance and Moore Medical Center. I've always worked in labor and delivery. I worked in McAlester in 1995 because there was a hiring freeze here. If you weren't a nurse or a tech in a hospital here, you couldn't get a job. I moved to McAlester and lived there about 6 years."

"What do you consider your best quality as a nurse?" I ask. "I would

have to say being compassionate to the patients, no matter what the situation might be." Brown went to school at Redlands Community College in El Reno and is graduating in May from Southwestern with a Bachelor's degree. This week, she is taking the National Certification exam on Inpatient Obstetrics. Asking Brown her opinion on what makes a good nurse, she is quick to reply. "Patient compassion and having a passion for what you are doing." "How would others describe you?" "I am very responsive in emergency situations. I am a leader and an advocate for the medical field and nurses and patients," she replies with a bit pride in her voice.

Brown reflects on what inspires her every day. "Seeing the process of implementing the changes that directly affect the patient care is important to me. With the improved results, we have satisfied patients, having good outcome, updating changed products; therefore, mindful

of positive outlooks."

"What advice would you give someone that was going into the medical field?" I ask Brown. "The medical field has lots of different areas and it is very versatile. There are so many areas you can choose from. Put your heart into it and go where your heart is invested," she replies. "Follow your heart," she adds.

"Describe yourself in 3 words," I tell Brown. "I guess you could say the 3R's," she laughs. "Responsive, Reliable and Responsible," she says. "Do you have any hobbies?" I ask Brown. "I have 4 kids so my hobby is my kids," she says with a smile. "I have always enjoyed running but last year, I had some medical problems so I am just now getting back into running. It's great exercise and it is a good release for me," she replies. "It's my quiet time too," she adds. "What do you do for fun?" I ask. "I have a lot of great friends. I like to spend time with my family and my

friends. Most of my family lives in Illinois so I usually travel to go see them."

Asking Brown what her favorite thing about her job is, she replies, "I enjoy seeing my patients every day. I like the leadership rounds and I get to hear about how great the staff is and how skilled the nurses are. We hear positive feedback from our patients all the time. I work with some great people."

"What is your typical day?" I ask Brown. "I get here pretty early. I make rounds, check on staff, take care of their needs, check with floor supervisor, check calendar, and do a lot of follow up. In fact, most of my time is spent doing follow up. We just got a new security system for our nursery unit. It is very nice, a state-of-the-art system. It's called Hugs and Kisses and it features the safety between the mother and the baby. It bonds the mother and baby with a special relationship. Here at

Continued on next page

**Jim** was a beloved husband, father, grandfather, brother, uncle and friend. We were so blessed to have him in our lives. He was a successful businessman, but his true successes came outside the boardroom. Jim was a loving husband for 58 years and a wonderful father. But nothing was more enjoyable than watching him with his grandchildren. His hazel eyes would light up whenever he saw them and he carried a pocket full of pictures to show anyone he met.

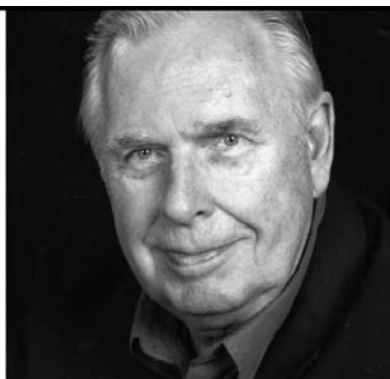
He had a generous heart and always had time to mentor young students and entrepreneurs. He had a wonderful sense of humor and was knowledgeable on a range of topics. We always looked forward to his lively conversations. He loved the St. Louis Cardinals, rarely missing a televised game.

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## PREVENT

Continued from Page 1

on continued monitoring until the patient's prognosis improves.

Patients in the Prevent Clinic - largely those with congestive heart failure - are examined once they begin the program and are then seen weekly.

"We know from the start if they are at risk and what to look for and they are monitored regularly by additional people," Wooldridge said. "And it's people that learn to know them."

Brookhaven specializes in nursing care. And Dustin Schuler is the Director of Nursing.

From a clinical standpoint, he was all for using Prevent Clinic.

"It was just giving us an extra tool to care for the residents," he said. "For a long time with skilled care you had to send them out to the hospital to get any kind of testing done. It was just a great option to help the residents."

Wooldridge monitored the numbers and liked what she saw.

"When did this work? From the very beginning," she said.

Prevent Clinic's ultrasounds and dopplers are also at Schuler and his staff's disposal.

"The technology the mobile x-ray has is pretty high-end," he said.

"Once I got the nurses on board 100 percent it was definitely additional peace of mind," he continued.

"I think they like it, knowing there's another test they could run. It gives them something else we can go to. They realize sending the resident to the hospital isn't good for them and it isn't good for the family."

Health care reform has pinpointed hospital readmissions as a key area for improving care coordination and achieving potential savings. Medicare patients have the largest share of total readmissions and the highest associated costs for readmission.

According to the U.S. Department of Health and Human Services' Agency for Healthcare Research and Quality, there were approximately 3.3 million adult hospital readmissions in the U.S. in 2011. That resulted in \$41.3 billion in additional hospital costs.

For Medicare patients, the No. 1 condition resulting in readmission was congestive heart failure which was responsible for 134,500 readmissions. Septicemia and pneumonia were the next two conditions responsible for the majority of readmissions. These three conditions alone resulted in \$4.3 billion in hospital costs.

At a time when hospitals are trying to lower a patient's length of stay, patients are unfortunately coming home sicker than before.

The thinking is that objective hemodynamic data can lead to better outcomes and ultimately a lower cost of care.

"It's an added plus on our side because we do something nobody else does," Wooldridge said.

Initially, Wooldridge admits her staff was leary of taking on a new process. But Murgai quickly won them over.

"Trying new things is always difficult because you don't want to add more work to already overworked people," Wooldridge said. "But I think this helps them in so many different ways. It's not additional work it's additional eyes on our residents. More people can see a decline or an improvement."

Murgai said Brookhaven is the first hospital to use Prevent Clinic's optimized program.

"We test every patient here," Murgai said. "Every patient gets tested that way nothing falls through the cracks for them."

And the cracks are where patients can slip through, leading them back to the hospital.

"Hospitals are where sick people are and people get sicker sometimes when they go there," Rose said.

That's why keeping them out of the hospital is the best prescription.



Trisha Brown, RN lives by the philosophy: 'I strive to be the best I can be.'

the NICU, we are constantly looking for new ways to improve our hospital to help our community."

Brown ends with these words that she seems to live by, "My philosophy is that whether it be your first baby

or your tenth baby, the mother has to have a good experience. It is a day that that a mother will remember for the rest of her life. I strive to be the best I can be."

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

### 140 GENERAL NURSING

**Now Hiring!! Full Time Certified Nurse Assistants - All Shifts, Restorative Aide, Activity Director**  
Now Hiring!! Full Time CNAs - All Shifts and Restorative Aide (Ask for Connie) Also an Activity Director Apply in person at: Highland Park Manor 1410 W. Willow, Enid OK 73703 EOE

**We Are Looking To Add Licensed Practical Nurses For 2-10 And Night Shift. Also Hiring Certified Nursing Assistants.**  
The Bartlesville Health And Rehab Community Family is Looking To Add Lpns For 2-10 And Night Shift. Also Hiring CNAs. We Offer Major Medical, Dental And Vision To Full Time Employees, As Well As Payroll Deductions Such As Scrubs And Shoes. Come Apply At 3434 Kentucky Place, Bartlesville, OK 74006

**We Are Currently Accepting Applications For These Positions: Director Of Nursing, 7am-3pm Certified Nurse Assistant, 7 A-3p Certified Medical Assistant, 7 A-3p Licensed Practical Nurse, 3pm-11pm Overnight Nurse, Licensed Practical Nurse, Sunday-thursday Prn Staff Part Time Certified Nurse Assistant, SAT AND SUN**

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

# Career Opportunities

FAX 405-631-5103 or CALL 405-631-5100

or email ads to [advertising@okcnursingtimes.com](mailto:advertising@okcnursingtimes.com)

# Oklahoma's NURSING TIMES



**GREAT TEAM ENVIRONMENT WITH EXCELLENT BENEFIT PACKAGE!****RN Circulator- \$2000 Sign on Bonus for Full Time position**

(Four 10 hour shifts), 1Per Diem position, Variable days/hours, Circulating experience required, Ortho experience preferred.

**Med Surg Patient Care Tech**

Full Time, Variable days, 7am-7pm, CNA, AUA or MA training or 1 yr clinical hospital exp. preferred.

**Surgical Tech (2 positions) \$1000 Sign On Bonus**

Full Time, M-F Days, Days/Hours may vary, Ortho or Spine exp. & certification preferred. Call required.

**Radiology Tech \$1000 Sign On Bonus**

Full Time, 3-11pm, ARRT Registry required. Experience in Surgery preferred.

**MRI Tech**

Per Diem, ARRT Registry required with 1 year MRI exp. under board certified Radiologist preferred.

**Patient Access Representative (MRI)**

Full Time, 11:30am-8:00pm, Occasional weekends, Hospital registration & insurance exp. preferred. Must have excellent customer service skills & type 40wpm.

**RN Circulator (2 positions - 1 will be floater for North Campuses)**

Full Time, M-F Days, Circulating experience required, Ortho experience preferred.

**RN Pre Op Clinic**

Full Time, M-F Days, Duties include preparing charts for surgery, obtaining lab work and testing, assessing patients for surgery readiness, communicating with surgery offices, and performing surgical teaching.

**Patient Access Representative, Lakepointe Imaging**

Full Time, M-F Days, Hospital registration & insurance exp. preferred. Must have excellent customer service skills & type 40wpm.

Visit us on our website at [www.communityhospitalokc.com](http://www.communityhospitalokc.com) or [www.nwsurgicalokc.com](http://www.nwsurgicalokc.com) for NWSH positions. Fax resumes to (405) 378-3991 or forward resumes to: [jobs@chcrares.com](mailto:jobs@chcrares.com) or call (405) 606-2600.

**140 GENERAL NURSING****Experienced Nurse or Registered Medical Assistant needed**

for Ardmore Medical Practice. Contact Information: Neil Small. Ardmore Orthopedics 2007 N Commerce Ste 201 ARDMORE, OK 73401 Phone: (580)226-4599

**WE ARE ACCEPTING APPLICATIONS FOR: MED AIDE 2-10 MONDAY-FRIDAY**

Apply at: SPLC 8515 N.123rd E. Ave. Owasso, OK

**140 GENERAL NURSING****Looking To Add Licensed Practical Nurses & Certified Nurse Assistants And Weekend Registered Nurse For All Shifts.**

The Bartlesville Health And Rehab Community Family Is Looking To Add Lpns And Cnas And Weekend Rn For All Shifts. We Offer Major Medical, Dental And Vision To Full Time Employees As Well As Payroll Deductions Such As Scrubs And Shoes Come Apply At 3434 Kentucky Place Bartlesville, OK 74006

**140 GENERAL NURSING****We Are Looking For Full Time Certified Nurse Aide/Mat's AND Certified Medical Assistants.**

TEN OAKS. We are looking for full time CNA/MAT's and CMA's. Please apply at the community at 3610 SE Huntington Cir., Lawton, OK. No phone calls please. EOE.

**We Are Looking For A Certified Nurse Assistant Days & A Certified Nurse Assistant For Weekend Doubles. We Also Have An Licensed Practical Nurse Open For 10 To 6 Shift.**

WILLOW HAVEN Nursing Home. We are looking for a C.N.A. days and a C.N.A. for weekend doubles. We also have an L.P.N. open for 10 to 6 shift. If you are tired of not being a team, come work for us. We are a small home with a home like atmosphere. 1301 N 5th, Tonkawa, OK 580- 628-2529

**We are accepting applications for full time nurse FAMILY PRACTICE**

MEDICAL CLINIC accepting applications for full time nurse. Bi-lingual a plus but not required. Excellent benefits, salary based on experience. Send resume to: Business Manager McMurry Clinic 123 Medical Drive Guyton, OK 73942

**We are seeking a Dietary Manager with 5 plus years dietary experience. Heavener Manor is seeking a Dietary Manager with 5 plus years dietary experience. Apply in person at the business office at Heavener Manor. 204 W 1st St, Heavener, OK****Now hiring Nurses. Competitive salaries and benefits including BC/BS. All shifts are available. We are looking for nurses with strong leadership skills to join our team. Come join our dynamic staff!**

Great Working Environment! Cimarron Pointe Care Center is now hiring Nurses. Competitive salaries and benefits including BC/BS. All shifts are available. We are looking for nurses with strong leadership skills to join our team. Come join our dynamic staff! Call 918-865-7701 and ask for Debora or Tammy. 404 Cimarron Dr. Mannford, OK 74044

**Nurse Practitioner/ Physician Assistant- South Location**

The position will be providing patient care in the Emergency Room.

**JOB REQUIREMENTS:**

**Nurse Practitioner** - Completion of a formal program of study approved by the Oklahoma Board of Nursing which is designed to prepare registered nurses to perform in an expanded role in the delivery of health care. National certification from a national certifying body acceptable by the Oklahoma Board of Nursing. Current BLS certification required. ACLS certification within 60 days of hire.

**Physician's Asst** - Baccalaureate degree or a minimum of two years of college credit or graduate from ARC-PA (Accreditation Review Commission on education for the Physician Assistant) approved program. Current license as a Physician Assistant with the Oklahoma Board of Medical Licensure. BLS certification required. ACLS within 60 days of hire.

**To apply go to:**

[www.OKHeart.com/careers](http://www.OKHeart.com/careers)  
Oklahoma Heart Hospital considers all qualified applicants including protected veteran or disability status. AA/EOE

**140 GENERAL NURSING****We Are Taking Applications For Certified Nurse Assistants, Charge Nurse And Part Time Activities Director.**

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

**Certified Home Health Aide, Nurse Aide or Standby Assistant**

GROWING HOME HEALTH AGENCY in search of qualified staff to meet the needs of private duty clients in their places of residence. If you are a Certified Home Health Aide, Nurse Aide or Standby Assistant looking for satisfying employment, apply in person today at Caregiver Services of Bartlesville, a locally owned business serving the community with distinction for the past 30 years. Drug screening and background check required. New Hire wage increases. 100 SE Frank Phillips Blvd Suite #302 Bartlesville, OK 74003

**We are taking applications for Licensed Practical Nurses and Certified Nurse Assistants.** Heavener Manor is taking applications for LPNs and CNA's. Come by and talk to Wyvonne Wright, DON. 204 W. 1st Street, Heavener, OK. No phone calls please.

**Full Time Nursing Professor**

Oklahoma Wesleyan University is accepting applications for a full time Nursing Professor. Applicants should be mission focused with a background in pediatrics, critical care, community health, or med-surg. To inquire or apply, please visit our website at <http://www.okwu.edu/employment/school-of-nursing-faculty-position/>

**161 LICENSED PRACTICAL NURSING****We are currently hiring Licensed Practical Nurses**

CLEVELAND MANOR IS currently hiring LPNs. Come in and apply at: 900 N. Division St., Cleveland, OK 7402 or call 918-358-3135 for details

We are looking for a qualified Licensed Practical Nurse to join their growing team in the Tulsa, Oklahoma area. ONHL MEDICAL HOME Health, LLC is looking for a qualified LPN to join their growing team in the Tulsa area. ONHL offers competitive benefits and pay. Please send resume to: fax 918-352-9626, East 7th Street, Wewoka, OK 74884

**We are a growing leader in the hospice community. Come see what we're all about!****CHECK OUR AVAILABLE POSITIONS AT AMERICANHOSPICE.COM**

We are seeking full time compassionate professionals to complete our circle of support for our patients and families. We offer a full benefits package including tuition reimbursement.

3817 NW EXPRESSWAY, #780, OKC 73112 (405) 789-2913 | FAX (405) 949-1476

**204 REGISTERED NURSE**

We are taking applications for Registered Nurses, LPNs, CMAs and CNAs. Artesian Home of Sulphur is taking applications for RNs, LPNs, CMAs and CNAs. Please apply in person at 1415 W 15th between 8:00AM to 4:00PM Monday thru Friday. Ada, Ok 74820

**204 REGISTERED NURSE**

We are seeking Registered Nurse for weekends. Heritage Villa Nursing Center is seeking RN for weekends. Flexible hours. Come join our caring team. Please apply in person 1244 Woodland Loop, Bartlesville, OK 74006

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**Oklahoma's NURSING TIMES**

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## \$25K in Proceeds from Speaker's Ball to Benefit CHF

*Gift will improve the health of Oklahoma's children through research, education and clinical care*

From left to right: Kathy McCracken, executive director, Children's Hospital Foundation; Terrence Stull, Scientific Director, Children's Hospital Foundation; Speaker of the House, Rep. Jeff Hickman.



Children's Hospital Foundation (CHF) was the designated charity for the 2015 Oklahoma Speaker's Ball. Speaker of the House, Rep. Jeff Hickman, presented proceeds from the event, totaling \$25,000, to the foundation during Sunday's event.

"We are deeply humbled and so excited to have been selected as the 2015 Speaker's Ball charity of choice," said Kathy McCracken, executive director, Children's Hospital Foundation. "We believe that by partnering with Oklahoma's legislators, we can truly make a difference in the future of health care for Oklahoma's children."

The Speaker's Ball is an annual event designed to build camaraderie among the members of the legislature. This year's event was held at the National Cowboy and Western Heritage Museum.


  
**American Association of Critical-Care Nurses**  
 Presents the Annual  

## CCRN/PCCN Review

  
 with featured Guest Speaker  
**Julie Miller RN, BSN, CCRN**  
**Friday, March 27<sup>th</sup> and Saturday, March 28<sup>th</sup>**  
**Friday - 8:00am - 5:00pm Saturday - 7:30am - 4:00pm**  
 Registration begins at 7:00am  
**AACN Members: \$125**  
**Non-AACN Members: \$150**  
**Reserve your seat today with 3 payment options:**  
 1.) Scan the QR barcode to take you directly to OKC AACN Webpage to pay by PayPal.  
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 3.) Make check payable to OKC AACN Chapter and mail check with Name, Address, Phone Number, Email Address, and AACN member number to: PO Box 57115, OKC, OK, 73157  
**Moore Norman Technology Center**  
**405-364-5763**  
**4701 NW 12<sup>th</sup> Avenue**  
**Norman, OK 73069**  
 Enter through Gate 2.  
 Use Entry A and go down the stairs or ramp to get to the conference center.

Email  
[Melissa.Gullotto@integrisonet.com](mailto:Melissa.Gullotto@integrisonet.com)  
 with any questions





## Nurses give extra TLC to the babies in the NICU at Deaconess Hospital



photo by Vickie Jenkins

Nurses in the NICU show the Sleep Sack Swaddle that is given to each baby born in the nursery at Deaconess Hospital.

by Vickie Jenkins

The Birth Center at Deaconess hospital features eighteen elegantly appointed single-room maternity suites that allow mothers to share the birth experience with family in a beautiful, home-like atmosphere by staying in the same room for labor, delivery, recovery and postpartum care. Nine-bed level-II NICU provides excellent care for babies who need additional medical attention. The NICU is staffed by registered nurses and board-certified neonatologists. One-on-one nurse to patient ratio throughout the entire labor and delivery process.

Deaconess Hospital in Oklahoma City is known for their outstanding doctors and nurses. Picture: From L-R: Tanya Bogan, RN, Yvonne Silberman RNC-OB, Jonna Criscuoli, RN and Supervisor Trisha Brown, RNC-OB show the Sleep Sack Swaddle that each newborn receives at Deaconess.

The Sleep Sack is a Safe Sleep Initiative that was introduced February 14, 2014.

Here are some Safe Sleep Swaddle Tips to ensure a safe sleep for your baby. Always place baby to sleep on his or her back at naptime and night time. Use a crib that meets current safety standards with a firm mattress that fits snugly and is covered with only a tight-fitting crib sheet. Remove all blankets, comforters and toys from your baby's sleep area (this includes loose blankets, bumpers, pillows and positioners). The American Academy of Pediatrics suggests using a wearable blanket instead of loose blankets to keep your baby warm. Offer a pacifier when putting baby to sleep. If breastfeeding, introduce pacifier after one month or after breastfeeding has been established. Breastfeed, if possible, but when

See NICU next page



## NICU

Continued from Page 8

finished, put your baby back to sleep in his or her separate safe sleep area alongside your bed. Room share, but don't bed share. Bed sharing can put a child at risk of suffocation. Never put your baby to sleep on any soft surface (adult beds, sofas, chairs, water beds, quilts, sheep skins etc.) Never dress your baby too warmly for sleep. Never allow anyone to smoke around your baby.

Deaconess Hospital is proud of their new Hugs and Kisses Security System as of January 2015. The Hugs system offers the reliability that you and your staff can depend on every day to keep your infants safe. The Hugs tag attaches in seconds and

is automatically enrolled in the software. Protection can start right in the delivery room. The Hugs system requires no manual checks of infant tags or other devices to make sure they're working. The Hugs system software continually monitors the status of all devices, and will generate an alarm if something goes wrong. There is an automatic mother/infant matching. With the Kisses® option, the Hugs system automatically confirms that the right baby is with the right mother. There are no buttons to push and no numbers to match.

Deaconess Hospital offers Certified Lactation Consultants that round on all post-partum and NICU mothers. Here you will find Neonatologists and Neonatal Nurse Practitioners on call 24/7 for high risk deliveries.

## FACEBOOK FUNNIES - SHARED - JOIN US!



**Admit it...**

**You talk(ed) into the fan to hear your robot voice.**



THE DOCTOR WOULD LIKE A STOOL SAMPLE, A URINE SAMPLE, AND A SPERM SAMPLE.

WHAT DID SHE SAY?

THEY WANT YOUR UNDERWEAR.



put a wig on the dog and frightened the crap out of the postman.

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## 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

**Allevie Hospice:** 405-605-7787

**Autumn Bridge Hospice:**  
405-440-2440

**Autumn Light Hospice:**  
580-252-1266

**Carter Healthcare & Hospice:**  
OKC - Adam Colvin, Vol. Coordinator,  
405-947-7705, ext. 134; Tulsa - Mike  
Gregory, Vol. Coordinator,  
918-425-4000, ext. 114

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

**Chisholm Trail Hospice:**  
Tiffany Thorne, Vol. Coordinator,  
580-251-8764

**Choice Home Health & Hospice:**  
405-879-3470

**City Hospice:**  
Beth Huntley, Vol. Coordinator,  
405-942-8999

**Comforting Hands Hospice:**  
Bartlesville: 918-331-0003

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

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

### Cornerstone Hospice:

Vicky Herrington, Vol. Coordinator,  
918-641-5192

### Hometown Hospice:

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

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

### Cross Timbers Hospice:

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

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

### Faith Hospice of OKC:

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

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

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

**Full Life Hospice:**  
Vicki Barnhart, Vol. Coordinator,  
405-418-2659

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

### Heavenly Hospice:

Julie Myers, Coordinator 405-701-2536

### Hope Hospice:

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

### Hospice by Loving Care:

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

### Hospice of Green Country:

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

### Hospice of Oklahoma County

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

### Hospice of Owasso, Inc.:

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

### Hospice of the Cherokee:

918-458-5080

### Humanity Hospice:

Kay Cole, Vol. Coordinator  
405-418-2530

### InFinity Care of Tulsa:

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

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

### Interim Healthcare Hospice:

405-848-3555

### Image HealthCare :

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

### LifeSpring In-Home Care Network:

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

### LifeLine Hospice:

April Moon, RN Clinical Coordinator  
405-222-2051

### Mays Hospice Care, Inc.

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

### McCortney Family Hospice

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

### Mercy Hospice:

Steve Pallesen, Vol. Coordinator,  
405-486-8600

### Mission Hospice L.L.C.:

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

### Oklahoma Hospice Care

405-418-2659 Jennifer Forrester,  
Community Relations Director

### One Health Home

Health in Tulsa: 918-412-7200

### Palliative Hospice:

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

### Physician's Choice Hospice:

Tim Clausing, Vol. Coordinator  
405-936-9433

### Professional Home Hospice:

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

### PromiseCare Hospice:

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

### Quality Life Hospice:

405-486-1357

### RoseRock Healthcare:

Audrey McCraw, Admin. 918-236-4866

### Ross Health Care:

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

### Russell Murray Hospice:

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

### Seasons Hospice:

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

### Sequoyah Memorial Hospice:

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

### Sojourn Hospice:

Tammy Harvey, Vol. Manager  
918-492-8799

### SolAmor Hospice:

Lisa Riggs, Vol. Coord. 405-842-0171

### Sooner Hospice, LLC:

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

### Tranquility Hospice:

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

### Valir Hospice Care:

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

### Woodard Regional Hospice

580-254-9275 Cathy Poe, RN Director



**Vicki L Mayfield, M.Ed., R.N.,  
LMFT Marriage and Family  
Therapy Oklahoma City**

*If you would like to send a  
question to Vicki, email us at  
news@okcnursingtimes.com*

**Q. Why is it that I can't express what I am thinking for fear I will hurt someone's feelings? I have been dating Ben for 3 months and freeze when I need to communicate honestly. I can think it but can't say it. I do it with other people too. How can I learn to "just say it?"**

**A.** The art of communication is filled with mixed messages, one word responses and games without defined rules. Is it any wonder that we have problems having discussions that lead to meaningful resolutions? Communicating clearly, specifically and authentically would decrease some of the confusion.

Comedian Zach Galifianakis has provided us with a list of The Things Men Do That Upset Women. (Notice how bad communication messes things up)

1. Lie
2. Be honest.
3. Not talking to them.
4. Talking to much to them.
5. Not showing any emotions.
6. Being too emotional.
7. Breathing.

So what are The Things Women Do That Upset Men?

1. Showing emotion but saying "nothing is wrong."
2. Saying tonight "will be the night" and then totally forgetting she said it.
3. Thinking I can read her mind, expecting me to know what I she is thinking.
4. Trying to have a conversation while I am watching football.
5. When she says, "we need to talk."
6. When she talks to her girlfriend about me while I am sitting in the room, "hello, I can hear you."
7. When she asks me if her thighs look fat in those pants.

The best you can do is try to communicate about what is going on with you and not stuff it and bring it out when you have a fight. If you are angry, say you are angry. Try to do it from your head and not your heart. When you are communicating with men, they will pay more attention if you talk about what is going on, rather than cry or yell about it.

And don't be so concerned about every one's feelings. There is a difference in speaking your truth and being mean. If something continues to bother you, you just can't let it go, you really need to deal with it. Or it will affect your relationships and your health.

## OCU Hosts Exercise Pioneer Dr. Kenneth H. Cooper

Oklahoma City University will host preventive medicine pioneer Dr. Kenneth H. Cooper for a presentation, open to the public, at 3 p.m. March 26 in the Kerr McGee Auditorium in Meinders School of Business. Following his presentation, the university will bestow Cooper with an honorary Doctor of Science degree.

Cooper, the founder and chairman of Cooper Aerobics in Dallas and an Oklahoma native, is credited with starting the international fitness movement following the release of his best-selling book, "Aerobics," in 1968. This year marks the 45th anniversary of Cooper Aerobics inspiring millions of people to live healthier, longer lives.

He has lectured in more than 50 countries and is most famous in Brazil, having trained the 1970 Brazilian soccer team to a World Cup victory. As a result, jogging is translated as "coopering" in Portuguese.

Cooper's efforts have also impacted the American diet. His collaboration with PepsiCo to eliminate trans fats from its Frito-Lay snack line encouraged other companies to follow suit.

Cooper was born in Oklahoma City in 1931. During his 13 years of service in the U.S. Army and Air Force, he served as a flight surgeon and director of the Aerospace Medical Laboratory. He developed the 12-minute and 1.5-mile fitness tests and the Aerobics Point System still used today by branches of the military, schools and organizations worldwide.

In 1970 Cooper resigned from the military and founded Cooper Aerobics Center in Dallas with the mission



Dr. Kenneth H. Cooper

to explore the relationship between cardiovascular fitness and health and longevity. With the popularity of his book "Aerobics," which has been translated into 41 languages and Braille, he also coined the term "aerobics" and submitted the official definition to the Oxford English Dictionary. He has authored 18 additional books, which combined have sold more than 30 million copies.

Cooper's mission is for people of all ages to Get Cooperized. As a leading pioneer of preventive medicine, he is challenging the world to follow his "8 Healthy Steps" to live better: maintain a healthy weight; eat healthy most of the time; exercise most days of the week; take the right supplements for you; stop smoking; control alcohol; manage stress; and get a regular, comprehensive physical exam. Founder and Chairman of Cooper Aerobics, Dr. Kenneth Cooper continues to lead the organization alongside his son, Dr. Tyler Cooper, president and CEO.

## St. Anthony Wears Blue to Raise Awareness

One in 20 people will be diagnosed with colon cancer. It's a scary statistic and it's one of the reasons why St. Anthony is holding a companywide Wear Blue Day where employees wear the color blue to bring awareness to colon cancer. This is a disease that can be prevented through screening but is still the second leading cause of overall cancer deaths in the United States. St. Anthony's Wear Blue Day was held in conjunction with the Colon Cancer Alliance's National Dress in Blue Day, Friday, March 6, as they and others recognized the month of March, as National Colon Cancer Awareness Month.

"We wanted to make a difference in the lives of our employees, their families and their friends. Our Wear Blue Day event encourages employees to talk to loved ones about colon cancer and the importance of being screened. By creating more awareness around this disease, we will save lives," said Tammy Powell, President of St. Anthony Hospital. "It's important that we do our part by helping the Colon Cancer Alliance create a future free of colon cancer."





# NURSE + TALK

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

*If you were an animal, what would it be and why? Oklahoma City Indian Clinic*

"I would be a gorilla or an ape. They are similar to human form which is interesting. They climb, swing, lounge and relax."



Carrie Barringer, LPN  
OKC Indian Clinic

"I would be a bear-I am very protective of my patients and I am very protective of children."



Wanda Green, LPN  
OKC Indian Clinic

Each week we visit with health care professionals throughout the Metro



Please Let us know Your Thoughts

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

"The animal I choose is an eagle so I could travel the world without buying an airline ticket"



James Foreman, LPN  
OKC Indian Clinic

"I would be a lioness. They are very protective and have a lot of pride."



Lynn Morrison, LPN  
OKC Indian Clinic

## World's Smallest Heart Pump Brings Giant Mobile Learning Lab to INTEGRIS Heart Hospital

INTEGRIS Heart Hospital is the first hospital in Oklahoma to participate in the Abiomed Mobile Learning Lab program.

The Abiomed Mobile Learning Lab is a highly interactive, facilitated learning experience that is brought directly to the hospital, training the hospital staff on the Impella® heart pump, one of the newest minimally invasive heart technologies.

Impella 2.5, the world's smallest heart pump manufactured by Abiomed, is a percutaneous (through the skin) heart pump that offers hemodynamic support for patients who have been turned down for bypass surgery or are at high risk for percutaneous coronary intervention; patients in cardiogenic shock; and to stabilize patients before surgery or transplant.

The Mobile Learning Lab offers cardiologists, nurses and cath lab staff at INTEGRIS Heart Hospital a convenient opportunity to learn about the Impella platform. The Mobile Learning Lab contains various Impella simulators, animations and key information, which are all presented by a team of Abiomed trainers.

"Our community of patients and partners deserve the best therapies available. Our participation with the mobile learning lab will ensure that our staff is highly trained to effectively utilize the most innovative health care technology solutions available for our patients," said George Chrysant, M.D., an interventional cardiologist with INTEGRIS Heart Hospital.

Abiomed's portfolio of heart support and recovery products and services offer health care professionals an array of choices across a broad clinical spectrum. The Impella heart pump family has supported more than 25,000 patients in the United States.

**OKLAHOMA CITY UNIVERSITY  
KRAMER SCHOOL OF NURSING**  
[WWW.OKCU.EDU/NURSING](http://WWW.OKCU.EDU/NURSING) (405) 208-5900

### NEW PRICES FOR THESE OUTSTANDING PROGRAMS!

- » **RN-to-BSN:** A course structured for RNs to achieve a BSN degree in just nine months.
- » **MSN, Nursing Education Track:** Prepares nursing educators for the classroom environment.
- » **MSN, Nursing Leadership Track:** Prepares nurse executives for the healthcare environment.

### COMPLETE YOUR TERMINAL DEGREE!

- » **Family Nurse Practitioner (FNP):** A BSN-to-DNP program that prepares nurses for becoming a family nurse practitioner.
- » **Doctor of Nursing Practice (DNP):** A 30 credit hour, post-master's clinical doctorate completion program for advanced practice nurses.
- » **PhD:** Prepares established nurses to become career academicians.



**BECAUSE YOU GAVE,**

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**THE WHOLE COMMUNITY**

**— WILL KEEP THE —**  
**CHANGE**

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You and thousands of others contributed an incredible  
\$21,574,097 to our 2014 campaign. Your kindness and  
compassion will continue to help United Way of Central  
Oklahoma create lasting change in our community.

We are extremely grateful for you!

*[unitedwayokc.org](http://unitedwayokc.org)*

United Way  
of Central Oklahoma

