



## Following the Golden Rule

Andrea Jones, RN is the charge nurse in ICU at SSM Health, St. Anthony's Hospital in Shawnee, OK. Her focus is on caring for the patients, along with following God's Word.

by Vickie Jenkins, Staff Writer

This is Andrea Jones, RN and charge nurse in ICU at SSM Health, St. Anthony's Hospital in Shawnee, OK. If you recognize this outstanding woman, you might have seen her on KFOR's news station segment, Pay it 4Ward. Andrea was surprised when she was nominated by Debbie Manuel and honored by First Fidelity Bank's Pay it 4Ward. "A patient (Debbie Manuel) was in the hospital for attempted suicide. When Debbie woke up, she heard Andrea's voice and knew her life had been saved. "God gave me the words to say to her," Andrea commented. "She grabbed

ahold of God and now, her life has been forever changed. She will tell you the worst day of her life became the best day of her life. We baptized Debbie in our pond in front of thirty-one friends and family. Five of which were employees that were touched by words spoken in that room. Two more people have been baptized since then. This incredible lady has a whole new outlook on life and is determined to help others," Andrea added.

Growing up, Andrea was an oil field kid, so she spent a lot of time moving

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## OU MEDICINE NURSES AMONG STATE'S 100 GREATEST



### THE GREAT 100 NURSES FOUNDATION

The Great 100 Nurses Foundation recently released its list of exceptional nursing professionals across the state. For the second consecutive year, OU Medicine dominated, besting the number of 2018 honorees, with 36 registered nurses named.

Established more than 30 years ago, the foundation has honored thousands of nurses across the south-central United States. Nominees are considered for recognition based on their demonstrations of concern for humanity, contributions to the profession and abilities shown in leadership and mentorship.

"Nursing, perhaps like no other role in healthcare, has the capacity to touch and change lives in profound ways. OU Medicine promotes a culture where nursing professionals can excel. It is this culture of excellence that ensures high-quality patient care and improves outcomes," said Cathy Pierce, MS, RNC, CENP, chief nurse executive, OU Medicine. "OU Medicine is justifiably proud of its nursing professionals, but it is especially thrilling to congratulate those recognized by the Great 100 Foundation."

Registered nurses honored are OU Medicine employees who work at OU Medical Center, OU Medical Center Edmond and The Children's

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# BITE LEAVES OKLAHOMA CITY MAN PARALYZED



Valir Pace Medical Director Dr. Mark Winchester examines Joe Fenton during a recent visit in the facility's health center. Winchester said Joe is among the unlucky few who contract a version of West Nile Virus that attacks the central nervous system, impacting both mobility and cognitive function.

A single mosquito bite leaves a man paralyzed. It sounds like headline from the tabloids, but it's not. It's all too real for one Oklahoma City man.

56-year-old Joe Fenton was on the job, working outside. He glanced down and saw a mosquito land, but his hands were full.

"By the time I got my hands emptied out, the mosquito was still there. I got even with the mosquito, though. I smacked him good," Fenton said.

He really didn't think much about it. After all, everyone gets bitten by a mosquito every now and then, but this time was different.

"It started with dragging my foot every couple of steps. That was about a week after the bite. It went from there to losing all mobility in my foot," Fenton explained.

The paralysis quickly spread, leaving him hospitalized. Fenton spent nine long months in the hospital. The culprit was West Nile Virus.

"Most people have heard, at least vaguely, about West Nile disease or West Nile fever and that it's carried by mosquitoes," said Dr. Mark Winchester,

who cares for patients at a program called Valir Pace in Oklahoma City. "We know that West Nile, a lot of times, is mild enough that it's not even diagnosed. Those who develop West Nile Fever are the ones who do get tracked."

Winchester explained that the virus causes flu-like symptoms for those patients, but for an unlucky few (about one in 150 cases), it is worse – much worse.

"Those individuals get something called West Nile encephalopathy, in which the virus attacks the microcirculation that feeds your nervous system. So, it impacts not only your peripheral nervous system that works your spinal cord and your limbs and everything down below your head, but it attacks your brain too. So, it's really a disastrous thing that happens."

For Fenton, it stole everything. Fenton found himself bed-ridden and forced to rely on others just to survive. It was a bitter pill to swallow.

"I was very active, living a perfect life and it was snatched out from under me pretty quick," he said.

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## OU

Continued from Page 1

Hospital, and OU College of Medicine Department of Neurology. They are: Jessica Ashworth; Bryan Barnett; Kristi Booker; Debora Brill; Kimberly Buskirk; Shari Cathcart; Juliane Chainakul; Terry Cox; Molly Delaney; Tonia Downing; Katherine Epsy; Safia Franks; Traci Gibson; Tammy Grammer; Paula Gullion; Rachel Holle; Susan Horton; Allison Jakus; Margaret Jones; Larissa Knippers; Deborah Koppel; Bejoy Kurian; Melinda Laird; Christopher Mumford; Janice Newton; Deborah Parris; Bonnie Renfro; Alice Roy; Sharon Sisson; Stephanie Smith; Ashley Smotone; Sheryl Stewart; Jenna Taylor; Mildred Twun; Tamara Walker; and Bart Wells.

Honorees will be celebrated at the annual Great 100 Oklahoma Nurses event to be held in Tulsa on Sept. 23.

OU Medicine — along with its academic partner, the University of Oklahoma Health Sciences Center — is the state's only comprehensive academic health system of hospitals, clinics and centers of excellence. With 11,000 employees and more than 1,300 physicians and advanced practice providers, OU Medicine is home to Oklahoma's largest physician network with a complete range of specialty care. OU Medicine serves Oklahoma and the region with the state's only freestanding children's hospital, the only National Cancer Institute-Designated Stephenson Cancer Center and Oklahoma's flagship hospital, which serves as the state's only Level 1 trauma center. OU Medicine's mission is to lead healthcare in patient care, education and research. To learn more, visit [oumedicine.com](http://oumedicine.com).



Cathy Pierce, MS, RNC, CENP, chief nurse executive, OU Medicine.



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## JONES

Continued from Page 1

back and forth between Texas and Oklahoma. "If you ever heard my accent, you would undeniably know that I'm from the south," she said with a laugh.

Andrea attended OSU/OKC, has an associate degree, is PICC line certified and through ICU masters credentialing. She has been a nurse for twelve years. She started in the medical field two weeks after graduation as a CNA, which led to SSM Health, St. Anthony's Hospital in Shawnee, OK. "I enjoy working in the small town atmosphere. Everyone knows everyone, and it feels like one big family," she said.

Asking Andrea how she encourages her patients, she replied, "It really depends on the situation and the patient's needs. I am their advocate, helping with whatever needs they have physically, mentally or spiritually. I am their cheerleader, their shoulder to lean on, and sometimes, something as simple as just listening."

What is the best part of your job? "I have always wanted

to take care of people. I feel like I have a real connection with, being present with people. Impacting and making a difference in people's lives. If I were to give advice to someone going into the medical field, I would tell them to become a nurse if they truly love people. You can always be taught the fundamentals of learning but you have to genuinely possess compassion and caring. Personally, I feel all nurses should start as a CNA. I believe this helps teach humility and respect for others," Andrea said.

Although Andrea has been honored with several awards and recognitions through the years, she made it known that there were many of her co-workers that deserved the awards too. It was in 2017; she was awarded Exceptional Mission Excellence Award and sent to St. Louis to a leadership conference. In 2018, she was given a huge honor in being selected for the Franciscan Pilgrimage trip to Rome, Italy, plus the recent recognition on KFOR's Pay it 4ward. Andrea seems to be known for her passion about God, people and animals. She is happy, gentle

**"I rescue, mend abandoned and/or hurt wildlife or domesticated. I've raised many different farm animals such as pigs, goats, cows, horses and dogs. I love all animals."**

**Andrea Jones, RN**

and kind. Andrea has a positive attitude and lives by the words, Matthew 7:12 Therefore, everything that you would like men to do to you, do also to them for this is the law and prophets. Also, known as the golden rule.

On a personal note, Andrea is married to her best friend and soul mate, Jerry Jones. "We have six kids and three grandsons, Noah, seven-years old, Easton, six-years and Gus, two months old," she said. "Those grandkids are my pride and joy," she added.

Andrea's spare time is spent taking care of animals. "I rescue, mend abandoned and/or hurt wildlife or domesticated. I've raised many different farm animals such as pigs, goats, cows, horses

and dogs. I love all animals," she said.

"Last but not least, I would like to give a big thank you to a positive mentor; Linda Meckleburg. This nurse breathed authority and knowledge. If you could image an old school, military nurse, this was Meck. She was the scariest, yet most awe-inspiring nurse that I have ever met. She loved her patients, the best patient advocate ever. She took me under her wing and I will forever be grateful," she said with a smile.

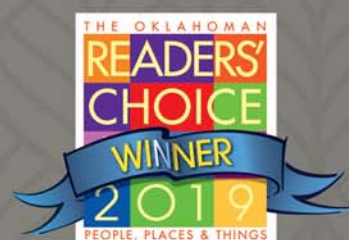
Andrea continues to work as a nurse at SSM Health, St. Anthony's Hospital, in Shawnee, OK, caring for others, enjoying life and living by the golden rule.

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# CAREERS IN NURSING

## LOVE, RESPECT, DIGNITY: OCOM

by Vickie Jenkins - Writer/Photographer

Here at Oklahoma Center for Orthopedic and Multi-Specialty Surgery (OCOM), we focus on offering a high quality, service-oriented environment for your surgical procedure. -OCOM-

At OCOM, you will find an excellent group of doctors and nurses. One particular nurse is Sunny John, RN, BSN who is the Inpatient Nurse Manager. There is something that stands out about Sunny from all the rest. With a big smile on his face and his friendly attitude to match, he said, "Sunny is my brother, I'll get him," as he laughed and told me that he was only kidding. "I'm really Sunny," as he laughed.

Born and raised in Lagos, Nigeria, West Africa, Sunny came here in 1986 and that is when he became a U.S. citizen. "I'm considered an Okie now, he said. "There is no getting away from it

now."

I asked Sunny to explain why he is a nurse and why he chose nursing as his profession. "I like taking care of people. I have a lot of compassion for others and I know that whatever someone chooses to do, they have to like it. I enjoy taking care of others and it makes me feel good to know that I am helping people. I can't see myself doing anything else."

Sunny attended the University of Oklahoma for his Bachelor's degree in nursing, and also went to Texas Bible College. He has been a nurse for twenty-seven years. "My first job was at Integris hospital, then Saint Anthony's hospital and here at OCOM for seventeen years. In fact, I still work at Saint Anthony's part time in the Psych Ward," he replied.

Asking Sunny if he had any mentors in school, he told me that

one of the greatest professors that he ever met was Pat Allan. "She was a great lady and she drilled these words into me, be the best nurse you can be and never forget. "I have lived up to that," he said.

What is your favorite part of your job? "When the people come in, some are crippled and in pain. After surgery, I nurse them back to life. When I see the patient smile, stand on their feet and walk out, that gives me a good feeling," Sunny replied.

How would you describe yourself? Sunny smiled, followed with a hearty laugh. "I think I am a fun guy and I love people. I like caring for others and to tell you the truth, it doesn't feel like a job because I enjoy it so much. I like to be happy and enjoy everything. I smile and laugh a lot and I think it is contagious, or so I would like to think it

is. This is where I get to meet people from all walks of life; from the homeless to the well-to-do, the middle class, judges, doctors, lawyers, all different races and people from all different countries. I never judge. We are all the same and I treat everyone with the same things; love, respect and dignity," he commented.

"I'm a people person and I am going to do my best to help others and make them happy. That goes for the staff too," Sunny said. "I see all of the people here as one big happy family." Sunny is motivated by making sure his patients get back to their healthy selves. "When I receive a thank-you from one of the patients, that is all I need. I live by some encouraging words every day. Be kind to others because you reap

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With a smile and a pleasant disposition, Sunny John, RN, BSN and Inpatient Nurse Manager, seems to brighten up the day with everyone he meets.

## JOHN

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what you sow."

Sunny is married to his beautiful wife who also happens to be a nurse. They have three grown children, two daughters, medical doctors, one living in OKC and the other one in Texas and one son who is not in the medical field. "He is an engineer. He is well taken care of if he happens to get sick, the whole family tries to take care of him, or so they try to give their opinion," Sunny

laughed.

Reading, listening to Gospel music and deer hunting are some of Sunny's favorite hobbies. "I love to hunt when I have time to take a break from work," he said. "I love eating exotic meat too," he added. "I enjoy life no matter what I am doing," he said. "That's okay because I make the best of every situation."

I asked Sunny to sum up his life in a few words. Without even a pause, he said, "Oh, that's easy. 'I'm a Christian Man.'" Sunny, it surely shows!

# NBC Oklahoma Completes Fundraising Campaign for The Children's Center Rehabilitation Hospital



NBC Oklahoma Completes Three-Year Fundraising Campaign Benefitting The Children's Center Rehabilitation Hospital Bethany, OK - NBC Oklahoma recently presented The Children's Center Rehabilitation Hospital with a generous donation after three years of fundraising. Choosing the Hospital for their latest philanthropic employee giving campaign, NBC Oklahoma held various fundraisers at their various branch locations and outside in their communities.

"We are very involved in the communities we serve, and our banks wanted to work together on a project that would benefit each of our areas," said Ken Fergeson, chairman of NBC Oklahoma. "We loved learning about what The Children's Center Rehabilitation Hospital does for patients and their families statewide and we wanted to help."

From employee donations to fundraising efforts such as bake sales, penny wars and more, the employees of NBC Oklahoma set a fundraising goal of \$50,000 for the Hospital, half of it matched by the bank itself.

After a three-year campaign NBC Oklahoma not only met their goal - they exceeded it. Presenting The Children's Center Rehabilitation Hospital with a \$104,083.89 check, the donations raised by NBC

Oklahoma will fund patient and family support services and aquatic therapy.

"This generous donation will help support the remodeling of a centralized family room within the hospital," said Katie Fry, vice president of patient support services, The Children's Center Rehabilitation Hospital. "The family room allows families to visit their child outside of the patient units in a comfortable, more private setting. The renovation will include comfortable seating, interactive toys and sensory activities for both the patients and their siblings. In addition to the family room, the funds will also be used to meet urgent and emergency needs of the families we serve."

The Children's Center Rehabilitation Hospital is an innovative leader in offering medical services that can only be found in the region while also providing a promising pathway from hospital to home. The Children's Center Rehabilitation Hospital is more than a place where children come to heal. They come to learn and grow in a supportive, caring environment.

NBC Oklahoma is an approximately \$700 million state bank with seven locations across Oklahoma. It is an Oklahoma-owned bank. Member FDIC. Website: [www.nbc.bank](http://www.nbc.bank).

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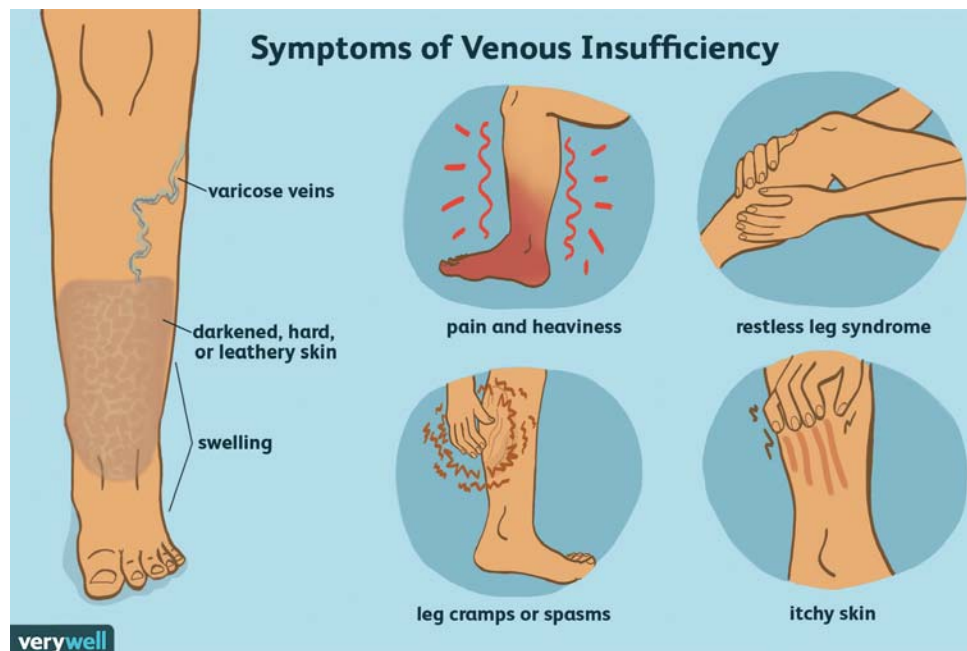
## Special to the Nursing Times

# Identifying Chronic Venous Insufficiency

More than 30 million Americans suffer from chronic venous insufficiency, but only 10 percent seek treatment for it, according to the Society for Vascular Medicine. The symptoms of venous disease can vary greatly. Venous symptoms can often be so insidious that, after treatment, patients are surprised to realize how much chronic discomfort they had accepted as "normal". Common symptoms include burning, swelling, throbbing, cramping, and leg fatigue. Physical examination of the lower extremities is often useful in the diagnosis of venous disease. Some people will notice swelling, changes in the color

and texture of the skin, dry scaling, itching skin, visible spider veins or bulging veins in the calf and thigh. Others will experience more serious soft tissue changes that develop as the disease progresses which include chronic inflammation or cellulitis, varicosities that bleed without warning, or wounds that come up like small blisters and take a long time to heal. The most serious complications from chronic venous insufficiency are blood clots and non-healing wounds that become infected – sometimes spreading to bone or into the bloodstream.

Understanding venous disease means understanding the function



of the venous system. Veins carry deoxygenated blood back to the heart and lungs to be replenished with oxygen. To reach the heart- blood needs to flow upward, against gravity, from the veins in the legs. The contraction of the muscles in the legs help to squeeze the veins and push the blood upward. Veins contain one way valves to keep the blood flowing up and prevent backflow. Chronic venous insufficiency occurs when these valves become damaged allowing blood to leak backwards and pool in the veins of the lower extremities. Over time, this malfunction of the valves causes weakening of the vein walls. Pressure in the veins and vein wall injury cause a chronic state of inflammation which result in the progressive clinical changes discussed previously, such as swelling, bulging veins, skin changes or the more serious risk factor, blood clots. Blood clots that form in the deep veins of the legs can travel to the lungs and cause serious injury, even death.

Risk factors of this condition include:

- Family history of the problem
- Overweight
- Damage to extremity due to injury, surgery, or previous blood clots
- Prolonged sitting or standing
- Multiple pregnancies
- Lack of mobility or exercise

In order to diagnose CVI, a complete medical history as well as a physical examination of the patient's legs are required. A vascular

ultrasound may also be useful to examine the blood flow in the legs. Like any disease, CVI is most easily treated in the early stages. Treatment strategies include avoiding long periods of standing and sitting, regular exercise, weight loss, elevation of legs at night, practicing good hygiene and treating active skin infections. Properly fitting, medical grade support hose called compression stockings are a common treatment option from a conservative approach. Compression stockings come in different lengths and compression strength. To ensure a proper fit, compression stockings should be prescribed by a health care provider. Endovenous thermal ablation is a relatively new technique that uses a laser to create heat in the affected vein causing it to collapse. This technique is minimally invasive, can be done in under an hour, involves less pain than traditional therapies such as ligation and stripping, and allows for a quick return to normal activities. Sclerotherapy involves injection of a solution directly into the vein that causes the vein to collapse and disappear.

If you recognize signs or symptoms of CVI, it can be discussed with one of the many specialists who offer treatment options – including cardiologists, vascular surgeons, and interventional radiologists. You are also welcome to call our Vascular Center to discuss the case or make a referral. You can contact us at 405-608-8884.



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# RSU Program Provides Path to Success

Nursing and health care are among Rogers State University's hallmark academic programs, which includes bachelor's degrees on its Claremore and Bartlesville campuses.

RSU is a dynamic regional university providing its students with the complete college experience where students can live on campus (both traditional and family housing options) and participate in a myriad of student activities, including student organizations dedicated to health sciences.

The university supports a rigorous academic program that attracts many students who plan to attend medical school complete their undergraduate studies through RSU's program in medical/molecular biology. RSU's nursing program produces students who consistently score better than the state and national averages on the RN licensure exam.

Rogers State's health sciences programs are some of the most rigorous in the region, producing graduates that are in high demand. RSU nursing graduates maintain a nearly 100% placement rate, securing

excellent jobs throughout the region.

RSU's nursing faculty with a collective total of more than 130 years of experience in both academic teaching and practical experience. The university offers several lab environments to give students skillful training for residential environments, hospital beds, isolated acute care, and high fidelity simulation.

For those who want or need to work while attending school, almost 8 in 10 RSU students work while attending school allowing them to achieve their educational goals while balancing financial and family obligations. While RSU is the only public university with on-campus housing in the Tulsa metro area, the university has a large number of commuter students who live at home while attending RSU.

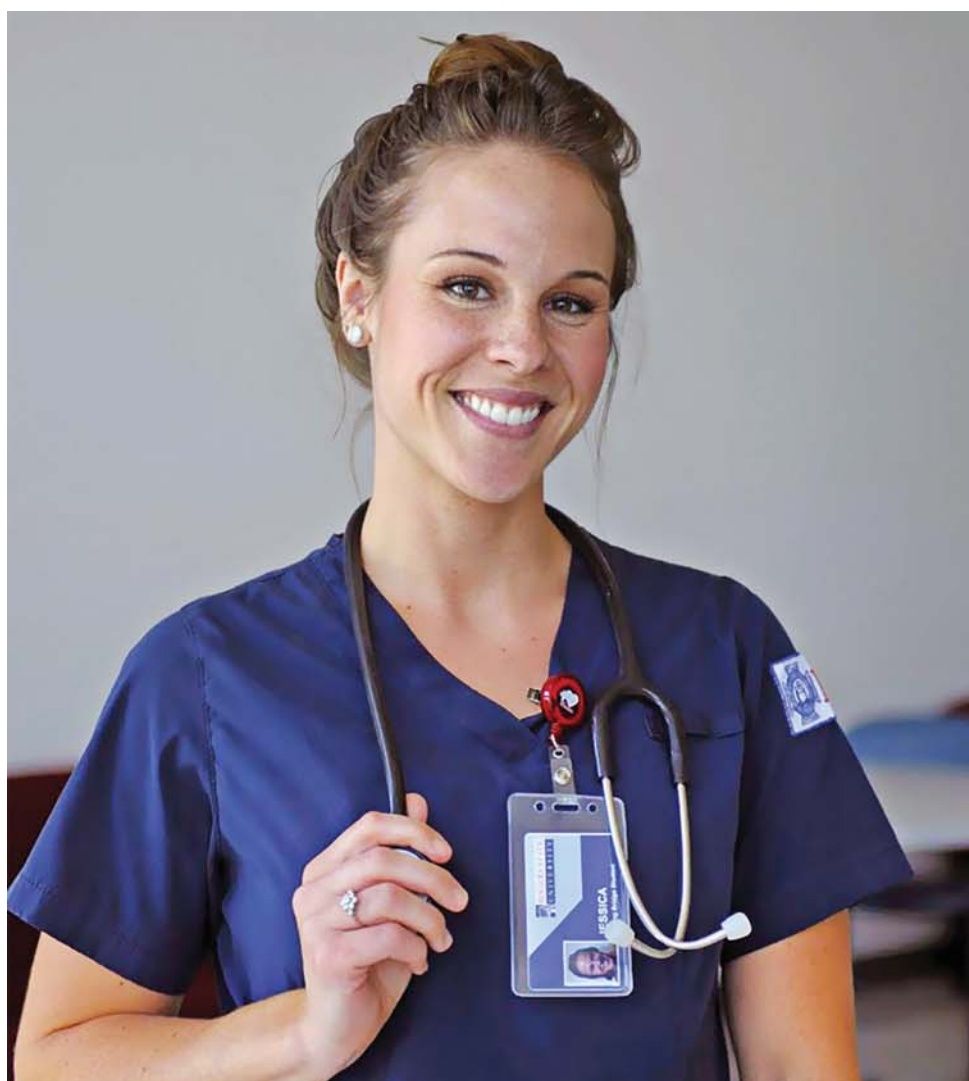
RSU consistently earns national recognition for affordability, both for traditional classes and its RSU Online program. U.S. News and World Report has noted RSU has one of the nation's top 10 lowest, in-state tuition rates, and also highlighted that RSU Online was among the nation's 10 least expensive public online programs. The university also has been consistently recognized for having one of the region's lowest student debt load for graduating students with nearly half of last year's graduating class earning a diploma without taking a student loan.

The main campus in Claremore features the Stratton Taylor Library, new student residences with



bed space for more than 800, the Chapman Dining Hall complete with inclement storm shelter, renovated historic buildings and the 50,000 square-foot Dr. Carolyn Taylor Center, which features ballroom space for community events. Rogers State also is home to RSU Public Television and RSU Radio FM 91.3.

Find your own path to educational success by visiting [www.rsu.edu/nursing](http://www.rsu.edu/nursing) or call 918-343-7631 to learn more or to schedule a campus tour.



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The Rogers State University Nursing Program gives students the tools they need to be successful healthcare providers.

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## BITE

Continued from Page 2

Fortunately, Fenton found Valir Pace or as he puts it, "it found him."

Valir Pace is a non-profit program that utilizes a team-based approach to provide personalized, all-inclusive, comprehensive care to those at risk for poor health outcomes and without access to quality care.

"We've been able to provide him transportation to come to Pace and he's been getting therapy five days a week with physical therapy, occupational therapy and an individual wellness plan where he gets to do his exercise program supervised by a restorative aide," said Christina Tilford, DPT, a therapist with Valir Pace.

The program also ensures Fenton gets the medical care and the medications he needs too, and there's more.

"They feed me a meal. They feed me two meals actually and then they give me another ride home. I've got a physician here. I've got nurses here. I've just got a great team behind me. I'm very grateful for them. It was hard to get used to a wheelchair. You take an active kid that doesn't want to be in a wheelchair and it's just kind of hard. Pace really helped me along with that and helped me to accept a lot of

things now that are changed in my life," Fenton said.

Those who know him will tell you that Fenton never shied away from hard work and he is working hard at Pace too. He pushes himself with therapy and exercise as much as three times a day at Pace.

"They aren't going to give up on me, so I'm not going to give up on myself," he remarked. "I come five days a week and love every minute of it. I would come more if they were open on weekends, but they have to have a day off too."

Every day, there are new 'firsts' for Fenton.

"When he came into the program, he could barely move. It required 3 people to even try to stand up. Now, he's able to stand up tall with my help. He's able to do it with one person," Tilford said. "I'm very fortunate that I get to work with Joe to see what he has overcome and he's still making progress."

For Fenton, progress is measured in milestones, not days.

"And here I am today still going forward," Fenton said. "I don't recommend the mosquito bite, but I highly recommend Pace."

To learn more about the Valir Pace program visit [www.ValirPace.org](http://www.ValirPace.org).

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## NATIONAL NEWS

# Chino Valley Nurses and Supporters Picket Chino Valley Medical Center to Highlight RN Turnover Crisis

There was a loud and raucous picket line in front of Chino Valley Medical Center this morning, with over a hundred CVMC registered nurses and supporters marching and chanting to call attention to the hospital's alarming RN turnover rate, which reached 41.75% during a recent six-month period.

"Our biggest concern is fast turnover," said Jennie Masaoy, RN, who's been at CVMC for thirteen years in the Med-Surg/Telemetry unit. "I train new

nurses, but after a year they go away. This month alone four nurses quit because they found higher paying jobs. The impact is that we're short nurses. We're appealing to Prime Healthcare: pay decent RN wages so we can keep our good nurses."

High nurse turnover presents an ongoing risk to patient safety at CVMC, as studies have shown that higher RN turnover equates to higher patient mortality. RN turnover is also expensive, estimated at 1.3 times the salary

of a departing nurse. Prime Healthcare, which owns CVMC, is an enormously profitable privately-owned hospital chain.

"Our experienced nurses don't want to leave," said Stacey Person, RN, who works in the ER department and first volunteered at CVMC in high school twenty years ago. "They are crying when they leave. But they just can't afford to support their families on what they make at Chino Valley. I work in the ER and in the last month or two we've had six nurses leave. We need our experienced nurses to train the new nurses."

The Chino Valley RNs have been in bargaining for their first union contract since February, after a struggle for union recognition going back almost ten years since they won an election conducted by the National Labor Relations Board to join UNAC/UHCP in 2010. It took multiple rounds of legal battles, including numerous decisions finding found Prime guilty of repeated unfair labor practices, before Chino Valley finally exhausted all challenges and was compelled by the D.C. Circuit Court of Appeal to recognize the union and begin bargaining.

The Chino Valley RNs were joined today on their picket line by UNAC/UHCP RNs and other health care professionals from several Kaiser hospitals, including Fontana, Ontario-Vineyard, and Kaiser Sunset; from Parkview Community Hospital in Riverside; and by allies from local labor unions, including UFCW Local 1428, currently on strike.



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